

Need to lose weight?

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When people with diabetes need to lose weight, more and more doctors and dietitians are providing the same advice: take Formulite. High in protein but low in sugar, it's ideal for maintaining blood glucose levels during weight loss. And with flavours like coffee, vanilla and choc hazelnut, losing weight has never tasted so good. Explore the full range online, and remember to always consult your doctor or dietitian before taking any weight loss products.

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8 SLIM-DOWN TACTICS TO TRY RIGHT NOW! p108

A U S T R A L I A N

diabetic LIVING[®]

INSIDER SECRETS

EXPERTS' TIPS ON
LIVING WELL WITH
DIABETES p90

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GOOD- FOR-YOU RECIPES

CHOCOLATE
DESSERTS
FOR EASTER

ULTIMATE
GRILLING
GUIDE

LOWER-CARB
COMFORT
CLASSICS

BILL'S STORY

*"I lost 100kg
and opened
a gym!"* p118

**Got the
blues?**

Try these sure-fire
mood-boosting
strategies
p104

EAT MORE, WEIGH LESS

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"Lose weight and live well"

Plus help your immune system, bones and muscles

Good nutrition makes a huge difference to how you manage your diabetes. It influences how you feel. It helps with your weight, blood sugar levels, cholesterol and blood pressure levels. Healthy eating boosts your energy and immune system and improves your wellbeing.

So an Australia dietician developed low GI BodyCare Nutrition Revitalise. It's a delicious, very low calorie multivitamin health shake. Revitalise contains protein, essential amino acids and prebiotic fibre. It also has a low glycemic load.

Weight loss and weight management made easy Carrying excess weight can change the way your body reacts to Insulin. At only 140 calories per serve, Revitalise makes it easy for you to better manage your weight and lose weight. Revitalise's healthier carbohydrates break down slower. This results in suppressing hunger and reducing cravings. This also reduces Insulin load and Insulin resistance.

Reduces Insulin levels The combination of Low GI and healthy levels of protein and fibre means Revitalise stops you from snacking. Plus, the soluble fibre in Revitalise reduces carbohydrate absorption, which in turn reduces blood glucose and Insulin levels.

Revitalise helps stop unwanted weight gain. It can even help you to lose weight and keep it off, when part of a healthy eating diet and exercise. **Revitalise is not a meal replacement**, so it's perfect to drink as a snack or with a light, healthy meal like a green salad or a banana. Revitalise makes you feel full. After drinking Revitalise, you may find you eat a smaller main meal because you won't feel as hungry. By following this approach, you can expect to cut back on added sugar, lose weight and increase your energy levels.



Better managing your weight leads to better Insulin control

Here are some other ways Revitalise can help you...

Lowers high blood pressure and cholesterol Revitalise reduces blood pressure and bad cholesterol when part of low salt and low saturated fatty acids diets.

Boosts your energy Revitalise gives you sustained energy all day long. It is enriched with B vitamins. These contribute to normal energy metabolism. Plus Folate and Vitamins B2 and B3 assist in reducing tiredness and fatigue.

Strengthens your Immune system Revitalise's prebiotic fibre feeds the good bacteria in your gut, strengthening your immune system. Revitalise contains Vitamins A and C, Folic Acid, Iron and Zinc for your immune system.

Muscle function and performance Good nutrition is vital in falls prevention, as weakness can result from a loss of muscle mass and strength. Revitalise's protein helps the growth and maintenance of your muscles. Calcium and Magnesium are necessary for normal muscle function.

Bone health Calcium and Vitamin D enhance bone mineral density. Protein assists with the maintenance of normal bones.

Revitalise is available in delicious vanilla, chocolate and coffee flavours. At only RRP \$32.95, Revitalise gives you 14 serves (2 weeks). See below for stockists or ask your local chemist to get Revitalise in for you.

Free delivery for online orders

Can't get to the chemist? Revitalise is available online from bodycarenutrition.com.au. Insert Coupon Code **goodhealth2021** into the shopping cart for **free delivery**. Offer expires 31/3/21.



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- Woodend, Woodend Pharmacy

South Australia

- Port Lincoln, Priceline, Porter St

Western Australia

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- Stratton Park, Stratton Park Pharmacy
- Success, Cockburn Super Clinic Pharmacy



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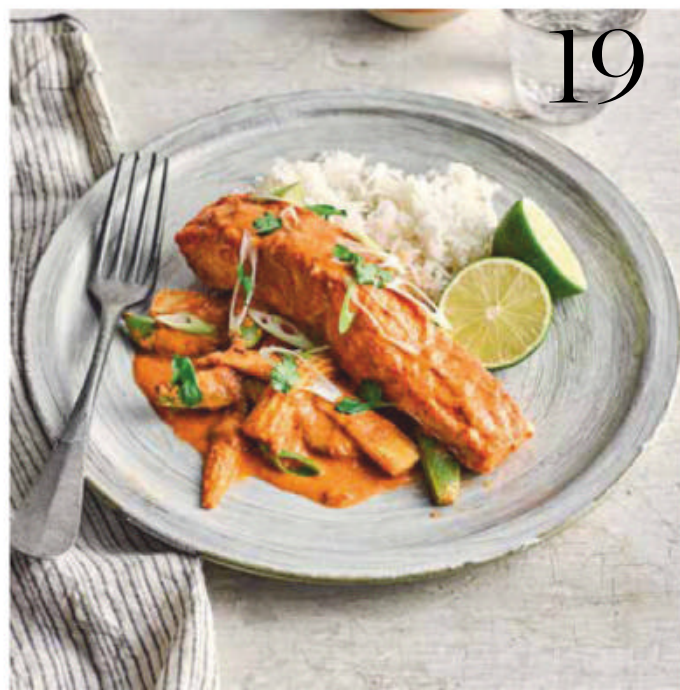
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OUR EXPERTS

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Endocrinologist

A diabetes specialist, Sultan has a clinic in Queensland; drsultanlinjawi.com

Dr Janine Clarke

Psychologist

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Elissa Renouf

Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1; diabete-ezy.com

Rachel Freeman

Diabetes educator

Rachel is the mum of a child with type 1, and also works at the Australian Diabetes Educators Association; adea.com.au.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Drew Harrisberg

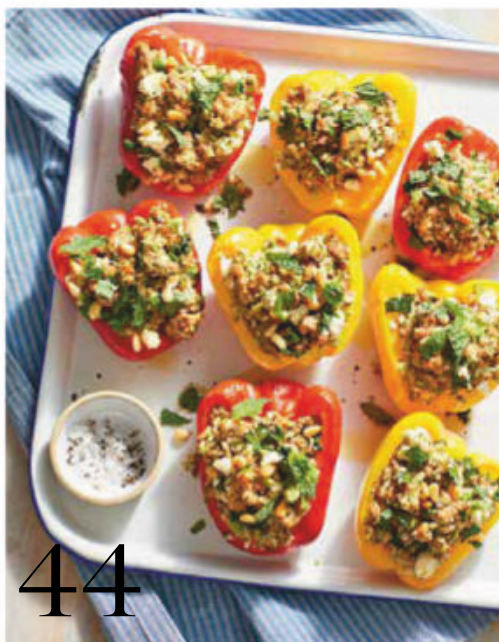
Exercise physiologist & diabetes educator

Drew, who has type 1, offers online coaching/consultations and specialises in designing safe and effective exercise programs; drewsdailydose.com

Dr Ramy Bishay

Endocrinologist & bariatric physician

Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.



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NEXT
ISSUE
ON SALE
22 APR



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The joy of eating well!

I love cooking (and eating) healthy food and, not surprisingly, I don't like being hungry. Which is what seems to derail me when I try to lose weight. So I was

keen to read Dr Kate Marsh's cover feature on satiety (page 87) – it's all about eating foods that are lower in energy density but that keep you fuller for longer. Meaning you can eat more volume and still achieve your weight loss goals. Winning! Our other great weight loss story this month (page 108) features eight ways to go in a belt notch or two – sometimes it's not just about the food.

But when it *is* about the food, this issue's got plenty of deliciously healthy recipes you're going to love. Make the most of late summer days with our guide to healthy grilling (page 24) – we've got you covered for marinades, salads and how to perfectly cook a steak. Easter's on its way and while I'm not suggesting you go mad for chocolate eggs, turn to page 66 for a selection of special occasion chocolate desserts – including our jaffa pudding cover star. Yes, please! Of course we've also got plenty of easy midweek meals and easy overnight breakfasts.

Reading about people's diabetes journey is one of my favourite parts of the magazine and this issue we're featuring two fabulous ones. Bill Sparks (page 118) was eating and drinking himself to death before he made the decision to change everything and regain his health. He not only dropped 100kg, he also opened a gym and is now helping other people achieve their health goals. Mum of two, Hannah Byrne (page 116), developed gestational diabetes during her second pregnancy and four years later she was diagnosed with type 2; but she hasn't let that slow her down. I hope you find Hannah and Bill's stories as inspiring as I did!

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

diabetes australia

Coeliac Australia

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help



DIABETES 101

Getting your head around “diabetes lingo”? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two

hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some

activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.



TYPE 1 & TYPE 2...

What's the difference?

Type 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

Type 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

FOOD MYTHS FOR PWD

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

TAKE THIS TO HEART

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■



Losing just 5 per cent of your body weight can have a positive impact.

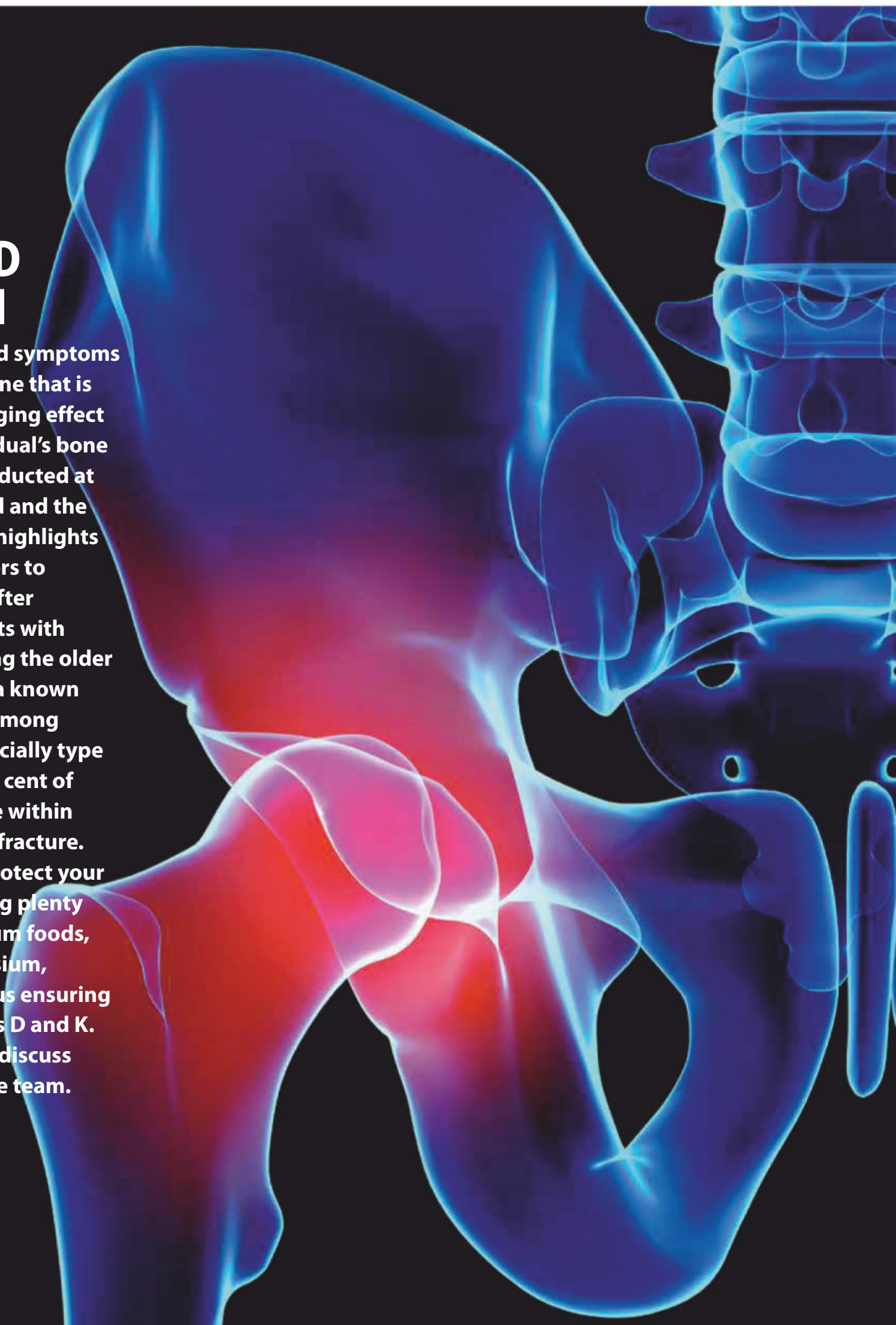
YOUR healthy life

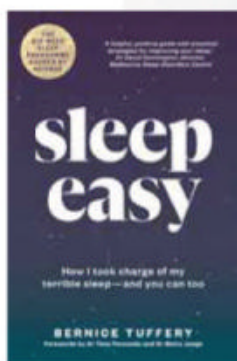
The latest news on diabetes, fitness, bone health and podcasts

DIABETES AND BONE HEALTH

There are many associated symptoms with diabetes; however, one that is lesser known is the damaging effect diabetes has on an individual's bone health. A new study – conducted at the University of Sheffield and the University of California – highlights the urgent need for doctors to ensure they are looking after the bone health of patients with diabetes, especially among the older population. There is also a known increase in hip fractures among those with diabetes (especially type 1) and an alarming 20 per cent of people are believed to die within a year of sustaining a hip fracture.

Steps you can take to protect your bone health include eating plenty of protein and high-calcium foods, and foods high in magnesium, zinc and omega-3 fats, plus ensuring you get plenty of vitamins D and K. If you have any concerns, discuss them with your healthcare team.





Sleep Easy
by Bernice Tuffery
Allen & Unwin, \$32.99

Struggling after another sleepless night? Bernice Tuffery has made it her mission to learn how to sleep well again. In this book, she shares her practical insider's guide to how you can, too. The six-week step-by-step program is inspired by Cognitive Behavioural Therapy for insomnia (CBTi), a proven way to improve your sleep.



Healthy Keto Air Fryer Cookbook
by Aaron Day
Penguin, \$29.99

Dust off your air fryer and get set to discover the world of the keto diet. With 100 delicious low-carb and fat-burning recipes – plus handy tips and tricks to get the most out of your air fryer – this book will have you cooking up a storm, from chorizo breakfast hash and cauliflower mac & cheese, to kale chips.



Egg-cess consumption

While eggs are a popular breakfast food for many people across the world, there has long been an ongoing debate about eggs and diabetes. New research, however, from the University of South Australia in partnership with the China Medical University and Qatar University, shows eggs might not be all they're cracked up to be. A longitudinal study of Chinese adults from 1991 to 2009 found those who regularly consumed one or more eggs each day were increasing their risk of diabetes by 60 per cent. As your diet is a modifiable factor that contributes to the onset of type 2 diabetes, it is important to understand the association of specific foods with the disease. While this research is associated with the risk of diabetes in Chinese adults, more research is needed to explore this relationship.



My blood sugars are always high in the morning. Should I change the time I take my diabetes tablets from dinner to bedtime?

Sultan says: In type 2 diabetes, the amount of insulin produced by the body decreases over time. The medications that you are taking may not be enough to control your blood sugars. Your 'fasting' morning sugar levels are not affected by food, so they give a really good idea of how well your pancreas is producing insulin. If the readings are high, then it means that you need to see your doctor to assess if you need to change your current medications or doses.

Changing the time you take your tablets will probably not make much difference. Often, people with high fasting levels need insulin to help them get their day on track.

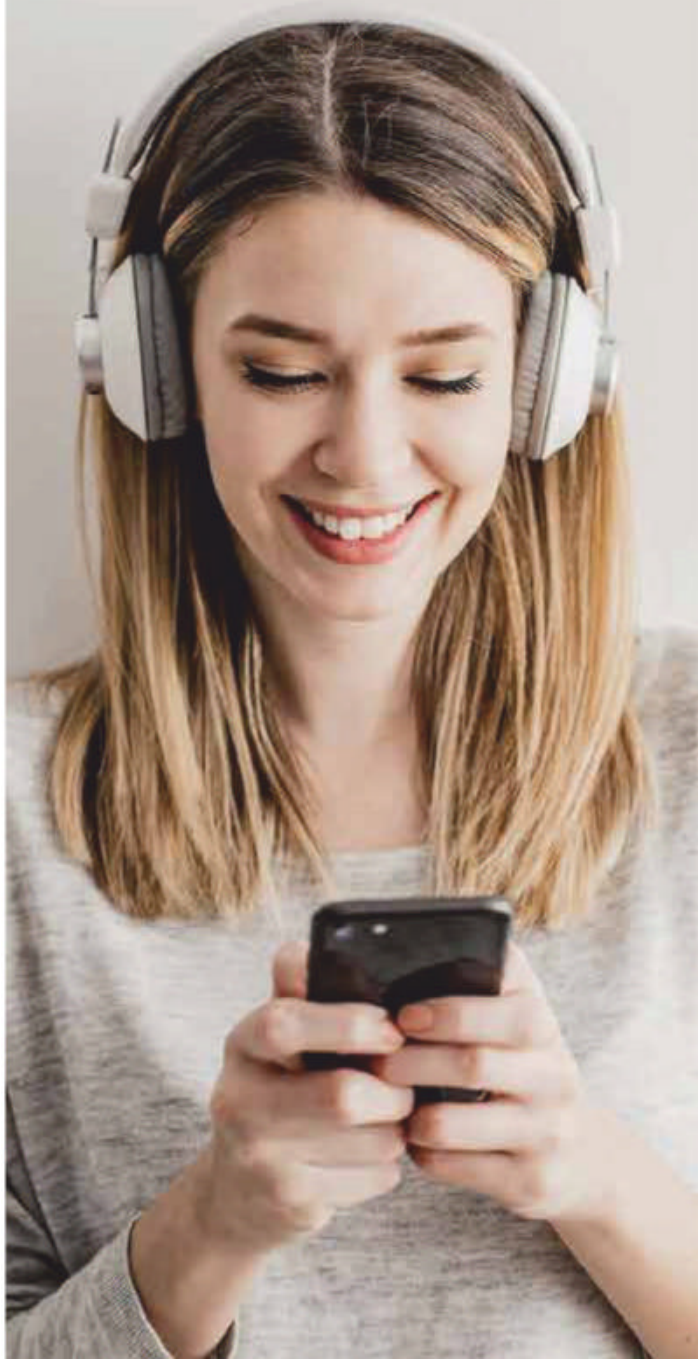
It is also worth looking at your diet to review how much carbohydrate you are eating at dinner and during the evening, as this can also raise your sugar levels. A visit to a dietitian can be really helpful in figuring out the right amounts for you.

Dr Sultan Linjawi, endocrinologist

your healthy life

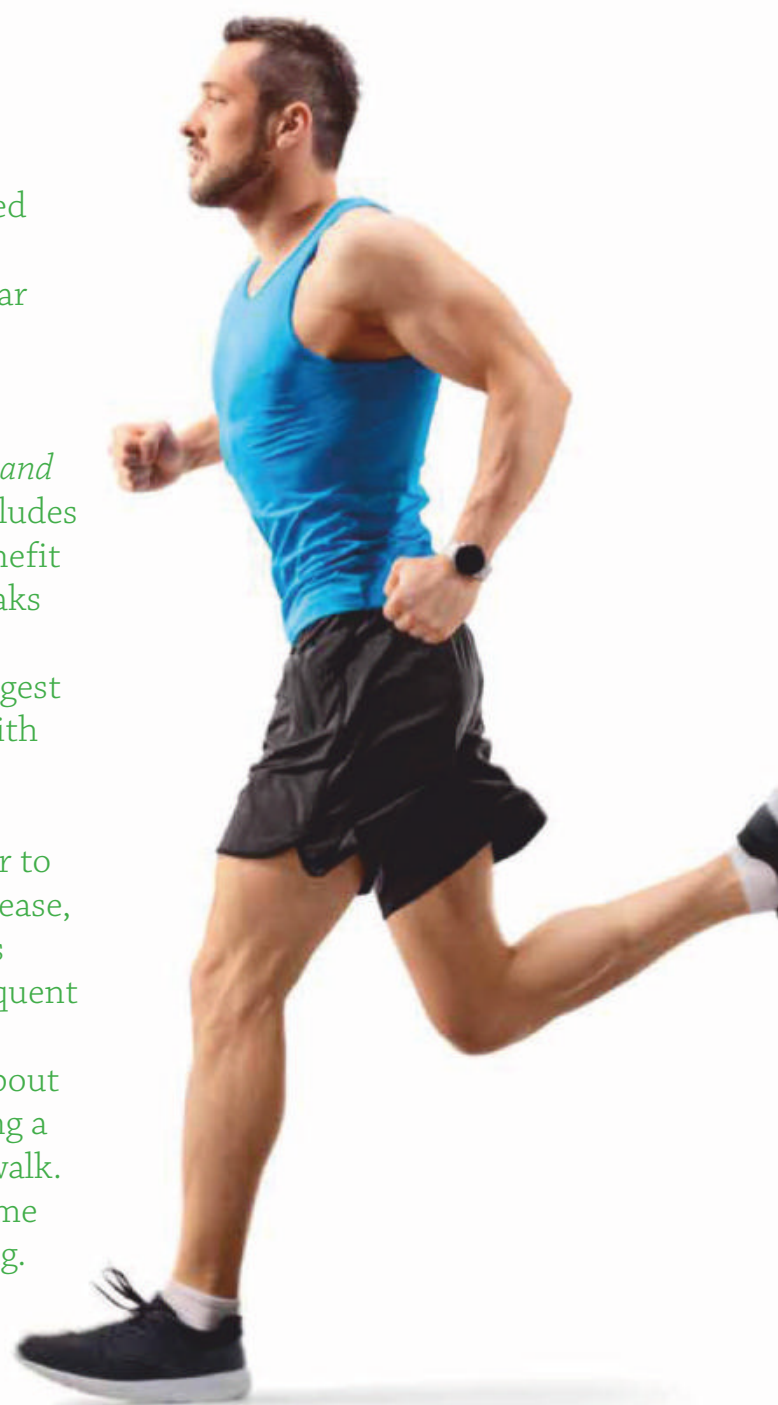
TUNE IN

JDRF is on a mission to improve the lives of those living with type 1 diabetes – and to find a cure – and in doing so it has recently started a podcast series. *T1D Tune In* features a range of adults talking about living with type 1 and leading inspirational lives, as well as interviews with professionals working towards the ultimate cure for diabetes. Some of the podcast guests include mental health nurse and fundraiser Eliza Bartlett (you may remember her as our Diabetes Hero in our July/August 2020 issue) and model and type 1 researcher Kristina Abramoff. To listen, head to Spotify, Apple Podcasts or jdrf.org.au/listen



Get up and move!

Type 2 diabetes is associated with a higher risk of heart disease and reduced vascular (blood vessel) function. A groundbreaking study, published in the *American Journal of Physiology-Heart and Circulatory Physiology*, concludes that people with type 2 benefit from frequent exercise breaks during prolonged sitting. While previous studies suggest everyone (not just those with diabetes) should increase physical activity levels and reduce sedentary behaviour to reduce the risk of heart disease, this new study suggests it's more beneficial to take frequent shorter breaks to improve vascular function. Think about taking out the bins, cleaning a room or going for a short walk. Or turn to page 113 for some workouts to get you moving.





Mediterranean diet

The Mediterranean diet has long shown promise in reducing the risk of diabetes due to its emphasis on fruits, veggies, legumes, nuts, seeds and healthy fats, such as olive oil. A new analysis published in JAMA Network Open also shows key beneficial effects on insulin resistance, metabolism and inflammation. This 25-year US Women's Health Study further found the Mediterranean diet can cut an overweight or obese woman's risk of diabetes by up to a third. While changes to your metabolism can occur over a short period, researchers claim the study indicated that those who continued on this diet achieved longer term changes that appear to have lowered their risk of diabetes for years to come. Interested in jumping into a new diet? Be sure to discuss the changes required for your diabetes management with your GP and dietitian first.



**THE MEDITERRANEAN
DIET CAN REDUCE YOUR
RISK OF DIABETES BY**

30%



Path to a 'functional cure'?

A Canadian research lab in London, Ontario, has created a device called Cell Pouch, designed to be inserted under the skin. For a person with type 1, this allows a therapeutic cell to be placed in the device, connect to the blood supply, read BGLs and naturally release insulin. So far, phase one of a clinical trial at the University of Chicago has five type 1 patients with the device implanted, the goal being to reduce and/or eliminate the need for insulin injections. Initial findings look promising and also show a reduction in hypoglycemic events. More studies to follow.



Q&A ASK RACHEL

I've been taking Lantus insulin for many years and still have a good supply in my fridge. However, I've heard it is now no longer available. What should I do?

Rachel says: Lantus is a long-acting insulin that many people with type 1 and type 2 diabetes may be using. From 1 July 2020, Lantus was removed from the PBS and is no longer available. People using Lantus do need to transition to an alternative formulation of insulin glargine U100. Your pharmacist, GP and credentialed diabetes educator are aware of this change and will be able to assist you in choosing an available alternative.

Lantus was delisted from the PBS due to a shift towards more biosimilar, generic and second-brand options on the PBS. When you need to restock your Lantus supply, you will not require a new prescription when transitioning to another insulin glargine 100 units/mL, as pharmacist substitution is permitted if you still have an in-date prescription or valid repeats on your prescription. However, close blood glucose monitoring is recommended for all patients during the transition from Lantus to an alternative insulin glargine 100 units/mL, and in the initial weeks thereafter.

Rachel Freeman, diabetes educator

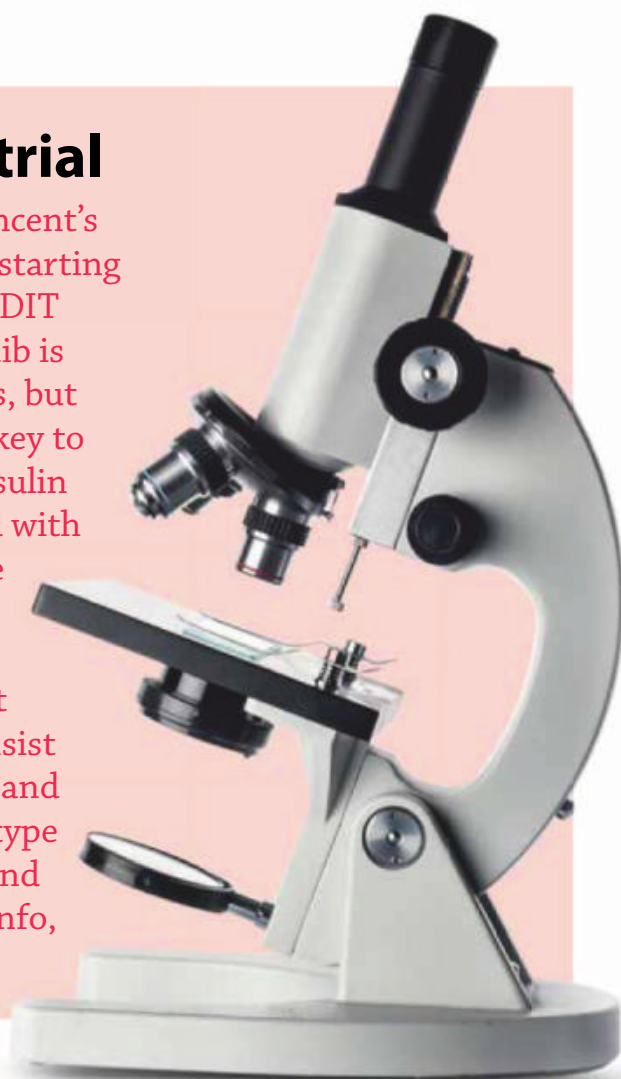


SLOWLY BUT SURELY...

The Norfolk Diabetes Prevention Study (NDPS) – the world’s largest in the past three decades – was conducted in England from 2011 to 2018. During the clinical trial of more than 1000 people with prediabetes with a high risk of developing type 2, researchers explored the effect of a simple lifestyle intervention consisting of small, achievable changes: losing 2-3kg and increasing physical activity. Maintaining these changes for at least two years and with the help of a group-based support program, participants with prediabetes reduced their risk of type 2 by 40-47 per cent. This study highlights the importance of modest changes to guide you along a healthier road. Findings were published in *JAMA Internal Medicine*.

World-first clinical trial

Researchers at Melbourne’s St Vincent’s Institute of Medical Research are starting a new clinical trial called the BANDIT trial. Currently, the drug baricitinib is used to treat rheumatoid arthritis, but researchers believe it may be the key to encouraging the production of insulin in those who are newly diagnosed with type 1. If the trial proves effective – improving glucose control and natural insulin production – it could be a step towards treatment for novel type 1. The trial will consist of people between the ages of 12 and 30, who’ve been diagnosed with type 1 within the previous 100 days; and will run for two years. For more info, visit svi.edu.au/bandit



I’ve recently been diagnosed with type 2. My favourite food is pasta. Is this now off the menu?

Kate says: While it seems to have got a bad name, pasta isn’t the dietary evil it’s often made out to be. The main problem is that many people eat large portions of pasta and it is often combined with creamy sauces. You can certainly include it as part of a healthy diabetes-friendly eating plan. Regular wheat pasta (but not most gluten-free varieties) has a low glycemic index, meaning that it won’t raise blood glucose levels quickly. Choose tomato or vegetable-based sauces, aiming for about a cup of cooked pasta per person, then bulk up the meal with vegetables or serve with a large salad. Also, consider choosing wholemeal, wholegrain or legume pastas, which are higher in fibre and will be more filling for longer, even in a smaller serve.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator ■

***** **EXCLUSIVE READER OFFERS** *****

MUST BUYS!

Don't miss out on these fab finds for an easier life and a little slice of luxury – go on, pamper yourself, your home and even your pooch!



PET TEEPEE \$54.95 (SAVE 39%)



LAPMATE \$69.95



KENSINGTON COTTON SHEET SET \$94.95



**SILVER STORAGE
DRAWER \$94.95**



**MILANO USB DIFFUSER
+ 10 PACK OF OILS \$49.95**



**KITCHEN COUTURE DIGITAL
12L AIR FRYER \$199.95**

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THE FUTURE OF WOUNDS



Associate Professor
Christina Bursill

A team of South Australian researchers is collecting samples of wounds to help identify any similarities between patients and develop a better treatment plan

We all know that everyone is different, but at the moment, when people with diabetes have a wound, they are generally treated the same way, whether or not the treatment is suitable in that instance. That's why wound expert Associate Professor Christina Bursill, wound biologist Professor Allison Cowin and vascular surgeon Professor Robert Fitridge are collaborating to create the first wound biobank in Australia.

"We'll be collecting wound biopsies and blood samples from a range of patients who have diabetes," explains Christina, who is also the chief investigator for vascular health at the University of Adelaide's Centre for Nanoscale BioPhotonics.

"These patients will be a variety of either [having a] low or high risk of having a wound, or they have a wound, or they have a healed wound. Through the biopsies and samples collected, we will be able to measure a range of things as a way to predict whether someone will get a wound and how successful the healing would be if they do get one.

"We hope by doing this, we can either provide more preventative therapies for patients, so a wound does not occur at all, or we can give patients the optimal treatment in the event that they do get a wound, so they have successful healing."

The pilot study

This collection and study of the biobank is called a precision medicine approach, which, according to the Precision Medicine Initiative, is "an emerging approach for disease treatment and prevention that takes into account individual variability in genes, environment, and lifestyle for each person". Previously, this has been effective in dealing with cancer and cardiovascular disease by creating a more personalised treatment for individuals.

As one in 10 people with a diabetic foot ulcer will need an amputation – and of those who get an amputation, their chance of survival after five years will be less than 50 per cent – the researchers decided this biobank is something very much needed by the wound-healing community.

Approved by the Central Adelaide Local Health Network (CALHN) and with funding from Health



Professor Robert Fitridge



Professor Allison Cowin



“I think this is the first approach towards a precise strategy to really improve things for people at risk of developing wounds.”

Translation South Australia, the team is now beginning its pilot study, collecting data from 250 South Australian patients with either type 1 or type 2 diabetes.

“If they have a wound, we will take a sample of the wound tissue and continue to measure wound area fortnightly with a 3D camera to track the duration of the healing process,” says Christina. “Through this sample, we will be able to identify what gene sequence results in better wound healing.

“We will also be taking blood samples. We currently know if we add good cholesterol (or HDL cholesterol) to diabetic mice who have wounds, this really accelerates wound closure and the growth of blood vessels, which we think is why they healed so much more nicely. So I will be analysing the

HDL cholesterol to see if these changes within humans may predict wound closure.”

Allison will also be looking at the effects the gene Flightless 1 has on wound healing, while Robert will be looking at the changes in nutrient levels (more specifically zinc and vitamin C).

Going national

The trio hopes to identify a particular gene that stands out as a predictor as to whether you are more likely to get a wound and further the success of the healing process. “Then that’s something we can say to GPs: ‘if patients have this in their blood, at this sort of level, we recommend this treatment’,” says Christina. “But we may need to expand the trial nationally first.”

Once the team has completed this initial study, they are hoping to roll it out nationally and continue to take in more samples on an ongoing basis.

“We hope we can work towards a simple blood test that can be predictive of whether someone will get a wound, how successful its healing will be and, further, might be able to also inform us of the best therapeutic strategy to either prevent it or improve the healing,” she continues.

“I think this is the first approach towards trying to have a precise strategy to really improve things for people at risk of developing wounds or who already have a wound.”

For more information, visit cnbplegacy.org.au ■



Steak and
eggplant salad
Recipe, page 18

How our
food works
for you
see page 75

5 DAYS 5 DINNERS

Enjoy these new ideas for easy
weeknight dinners for two



Indian paneer
& vegetable curry
Recipe, page 18

**LOWER-CARB
OPTION**
Swap rice
for 2 cups
cauliflower
rice.

mains

GFO LC

MONDAY

STEAK AND EGGPLANT SALAD

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A MAIN)

2 Tbsp plain flour or gluten-free plain flour
Freshly ground black pepper
1 eggplant, halved lengthways, cut into thin slices
2 Tbsp olive oil
220g beef sirloin steak, trimmed of fat
1 green chilli, halved, chopped
Juice of half a lemon
½ bunch coriander, plus extra leaves, to serve
½ small bunch mint, plus extra leaves, to serve

100g baby spinach leaves
40g reduced-fat feta, cut into small cubes

1 Place the flour on a large plate and season with pepper. Dust the eggplant slices in the flour, shaking off any excess. Heat 1 Tbsp of the oil in a large non-stick frying pan over medium heat. Add the eggplant to the pan and cook for 2-3 minutes each side or until the eggplant is very soft. Transfer to a plate.

2 Increase heat to medium-high. Season both sides of the steak with pepper. Add the steak and cook for 2 minutes each side for medium, or until cooked to your liking. Transfer to a plate and cover loosely with foil. Set aside to rest for 5 minutes. Slice.

3 Place the remaining oil in a small food processor. Add the chilli, lemon juice, coriander and mint. Process to combine, adding a little water to make a dressing consistency.

4 Mix half the dressing with the spinach leaves and place on a serving platter. Top with the crispy eggplant and steak. Sprinkle over the feta and drizzle over the remaining dressing. Scatter over the extra coriander and mint leaves, to serve.

Nutrition info

PER SERVE 1930kJ, **protein** 37g, **total fat** 26g (sat. fat 6g), **carbs** 15g, **fibre** 9g, **sodium** 345mg • **Carb exchanges** 1 • **GI estimate** low
• **Gluten-free option** • **Lower carb**

GF

TUESDAY

INDIAN PANEER & VEGETABLE CURRY

PREP 10 MINS **COOK** 30 MINS
SERVES 2 (AS A MAIN)

80g Doongara Low GI White Rice, washed and rinsed
150ml water, plus extra 250ml (1 cup)
1 tsp ground turmeric
1 tsp ground cumin
1 tsp ground coriander
Pinch ground chillies
200g pkt paneer, cubed
2 tsp olive oil
1 brown onion, roughly chopped
3 cloves garlic, roughly chopped
2cm piece ginger, roughly chopped
2 tomatoes, roughly chopped
30g baby spinach leaves
100g frozen peas
Freshly ground black pepper
Juice of half a lemon

1 Put the rice and 150ml water in a small saucepan. Bring to a boil over high heat. Simmer for 1 minute. Cover and reduce heat to low. Cook, covered, for 10 minutes. Remove pan from the heat and set aside for 10 minutes. Use a fork to fluff up the rice when ready to serve.

2 Meanwhile, combine the turmeric, cumin, coriander and chillies on a plate. Add the paneer and roll in the spice mix, making sure every cube is well coated. Heat the oil in a large non-stick frying pan over medium-high heat. Add the paneer and cook for 4-5 minutes, turning occasionally, or until crisp. Transfer to a plate.

3 Put the onion, garlic and ginger in a small food processor and process until smooth. Add the onion paste to the frying pan with any remaining spices. Cook, stirring, over medium heat for 10 minutes or until the spices darken.

4 Meanwhile, place the tomatoes in the food processor and process until almost smooth.

5 Add the puree tomatoes to the pan. Stir. Add the spinach, frozen peas and remaining 250ml water to the pan with the paneer. Cook for 5 minutes until the peas have defrosted and the spinach wilts. Season with pepper. Stir in the lemon juice and serve with the rice.

Nutrition info

PER SERVE 2050kJ, **protein** 20g, **total fat** 22g (sat. fat 8g), **carbs** 46g, **fibre** 12g, **sodium** 97mg
• **Carb exchanges** 3
• **GI estimate** low • **Gluten free**

GF LCO

PER SERVE (lower-carb option) 1600kJ, **protein** 20g, **total fat** 22g (sat. fat 8g), **carbs** 20g, **fibre** 13g, **sodium** 154mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**



**LOWER-CARB
OPTION**
Swap rice for 2
cups cauliflower
rice.

GF

WEDNESDAY

THAI SALMON PARCELS

PREP 10 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

80g Doongara Low GI White Rice
200ml water
1½ Tbsp Valcom Authentic Red
Curry Paste
70ml light coconut milk
1 tsp fish sauce
50g sugar snap peas
50g baby corn, halved
lengthways
2 x 150g skinless and boneless
salmon fillets
1 green shallot, thinly sliced
1 handful coriander leaves
1 bunch broccolini, steamed, to
serve
1 lime, cut into wedges, to serve

1 Put the rice and water in a small saucepan. Bring to the boil over high heat. Reduce heat to low and cook, covered, for 10 minutes. Remove the pan from the heat and set aside for 10 minutes. Use a fork to fluff up when ready to serve.

2 Meanwhile, preheat oven to 180°C (fan-forced). Put the curry paste, coconut milk and fish sauce in a small bowl. Whisk to combine. Cut 2 rectangles of baking paper (about 18cm x 10cm) and put one in the centre of a large piece of foil (roughly 30cm long). Scatter half the sugar snap peas and baby corns onto the paper and put the salmon fillet on top. Pour over ½ the curry paste mixture, then scrunch up the foil to seal into a large parcel. Repeat to make a second parcel.

3 Place the parcels on a baking tray and put in the oven. Cook for 15 minutes, or until the vegetables and salmon are cooked through.

4 Open up each parcel and squeeze over the lime juice. Sprinkle with the green shallots and coriander. Serve with the rice, broccolini and lime wedges to squeeze over.

Nutrition info

PER SERVE 2250kJ, **protein** 40g, **total fat** 24g (sat. fat 9g), **carbs** 37g, **fibre** 7g, **sodium** 788mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

GF LCO

PER SERVE (lower-carb option) 1800kJ, **protein** 39g, **total fat** 23g (sat. fat 8g), **carbs** 10g, **fibre** 9g, **sodium** 843mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free**



GFO

THURSDAY

CHICKEN ENCHILADAS

PREP: 10 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

1 tsp olive oil
180g skinless chicken breast,
trimmed of fat, cut into
thin slices
1 tsp ground coriander
1 tsp smoked paprika
½ tsp ground cumin
¼ tsp ground cinnamon
½ red onion, thinly sliced
½ red capsicum, sliced
½ yellow capsicum, sliced
2 cloves garlic, thinly sliced
½ green chilli, finely chopped
40g baby spinach leaves
½ x 400g can no-added-salt black
beans, rinsed and drained
½ bunch coriander,
finely chopped
300g passata
2 large (40g each) white tortillas
or gluten-free tortillas

30g reduced-fat grated cheese
50g reduced-fat Greek-style
natural yoghurt

1 Preheat oven to 180°C (fan-forced). Heat the oil in a medium non-stick frying pan over medium-high heat. Add the chicken and cook for 2 minutes each side, or until cooked through. Transfer to a plate. Combine the ground coriander, paprika, cumin and cinnamon in a small bowl.

2 Add the onion and capsicum to the frying pan. Cook, stirring often, for 5 minutes or until the vegetables are slightly charred. Stir in the garlic and half of the chopped chillies. Cook, stirring, for 1 minute. Add the spinach and 2 tsp of the spices mix. Cook, stirring, for 1 minute or until the leaves start to wilt. Add the beans, coriander and

100g of the passata to the pan. Stir. Add the chicken and stir to combine.

3 Meanwhile, combine the remaining passata and remaining spice mix in a bowl. Set aside.

4 Put ¼ of the chicken mixture along the middle of one tortilla, then roll up and put into a baking dish. Repeat with the remaining chicken and tortillas. Pour the reserved passata mixture all around the wraps. Top with the grated cheese and the remaining chopped chilli. Bake for 30 minutes or until crisp and bubbling on top. Serve with the yoghurt.

Nutrition info

PER SERVE 2340kJ, **protein** 45g, **total fat** 13g (sat. fat 5g), **carbs** 58g, **fibre** 14g, **sodium** 937mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

FRIDAY

PORK & APPLE BURGERS

PREP 10 MINS **COOK** 10 MINS

SERVES 2 (AS A MAIN)

150g lean pork mince

½ tsp olive oil

2 wholemeal burger buns

2 tsp caramelised onion relish

1 Tbsp 97% fat-free mayonnaise

1 apple, quartered, core removed,
thinly sliced

30g rocket leaves

English mustard, to serve
(optional)

1 Divide the pork mince into four portions and shape into patties. Heat the oil in a medium non-stick frying pan over medium heat. Add the patties and cook for 4 minutes each side, or until cooked through.

2 Meanwhile, preheat grill on high. Cut the buns in half and place under the grill, cut-side up. Cook for 2 minutes each side or until golden brown.

3 Spread the bottom halves of the toasted buns with the onion relish and mayonnaise. Top with the pork patties, apple slices, rocket and mustard (if using). Top with the bun lids.

Nutrition info

PER SERVE 1450kJ, **protein** 25g, **total fat** 6g (sat. fat 2g), **carbs** 46g, **fibre** 7g, **sodium** 606mg

• **Carb exchanges** 3

• **GI estimate** medium

LCO

PER SERVE (lower-carb option)
1800kJ, **protein** 39g, **total fat** 20g
(sat. fat 4g), **carbs** 19g, **fibre** 8g,
sodium 456mg • **Carb**
exchanges 1 • **GI estimate** low

**LOWER-CARB
OPTION**
Swap the bread
rolls for 2 Macro
Lower Carb Linseed
& Sunflower
Bread Rolls.



mains

LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food? Take inspiration from these tasty tips

GROCERIES

ONION RELISH Use on toasted sandwiches or serve with barbecued meats

CURRY PASTE Use in marinades, dressings or to make a yummy veggie filling for a filo based pie.

COCONUT MILK Use in mocktails, dressings or stir through a pumpkin soup at the end to add a creamy consistency.

FISH SAUCE Use sparingly in dressings, sauces and stir-fries.

BLACK BEANS Use in a salad.

PASSATA Use as a base for a pasta sauce or as a base for pizzas.

WHITE TORTILLAS Cut into wedges and bake until crisp. Use as a dipper for your favourite healthy dip with a selection of vegetable sticks.

FROZEN PEAS Add a handful of frozen peas for the last few minutes of cooking your potatoes. Mash with a little light margarine, season with pepper and stir in some shredded mint and a little grated parmesan.

YOGHURT Use in smoothies with fresh fruit or to make a dip.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN); ADDITIONAL PHOTOGRAPHY ADOBE STOCK

FRUIT AND VEGETABLES

CHILLI Finely chop and use in dressing, sauces or in stir-fries.

CORIANDER Finely chop roots and stems (washed) in a stir-fry or curry. Use leaves in a salad or add to a stir-fry at the end of cooking.

MINT Tear leaves and put in a tall glass with slices of lemon and ice cubes. Top with chilled soda water and serve. You can even throw in a thin slice of fresh ginger and a few frozen raspberries.

BABY CORN Use in a salad or stir-fry.

SHALLOTS Use in recipes in place of onion, just remember they need only a minute or two to soften.

ONION Use as a base to soups, sauces or thinly slice and throw on your pizza.

CAPSICUM Cut into sticks or chunks and munch on as a snack.

GINGER Thinly slice, chop or grate and use in dressings, stir-fries and drinks. ■

SHOPPING LIST

GROCERIES

- ☐ 275g jar caramelised onion relish
- ☐ 210g jar Valcom Authentic Red Curry Paste
- ☐ 400ml can light coconut milk
- ☐ 210ml bottle fish sauce
- ☐ 400g can no-added-salt black beans
- ☐ 700g jar passata
- ☐ 1 pkt (12) white tortillas

FROZEN

- ☐ 500g pkt frozen peas

FRUIT AND VEGETABLES

- ☐ 1 apple
- ☐ 30g rocket leaves
- ☐ 1 eggplant
- ☐ 2 green chillies
- ☐ 2 bunches coriander
- ☐ 1 bunch mint
- ☐ 170g baby spinach leaves
- ☐ 50g sugar snap peas
- ☐ 125g pkt baby corn
- ☐ ½ bunch green shallots
- ☐ 1 bunch broccolini
- ☐ 1 red onion
- ☐ 1 yellow capsicum
- ☐ 1 red capsicum
- ☐ 1 lime
- ☐ 1 brown onion
- ☐ Piece ginger
- ☐ 2 tomatoes
- ☐ 1 lemon

BAKERY

- ☐ 2 wholemeal burger buns

CHILLED

- ☐ 40g reduced-fat feta (from deli)
- ☐ 130g container low-fat Greek-style natural yoghurt
- ☐ 200g pkt paneer

FREEZER

- ☐ 500g pkt frozen peas

SEAFOOD

- ☐ 2 x 150g skinless and boneless salmon fillets

POULTRY AND MEAT

- ☐ 150g lean pork mince
- ☐ 220g beef sirloin steak
- ☐ 180g skinless chicken breast fillet

STAPLES

- ☐ Olive oil
- ☐ 97% fat-free mayonnaise
- ☐ Ground turmeric
- ☐ Ground cumin
- ☐ Ground coriander
- ☐ Smoked paprika
- ☐ Ground cinnamon
- ☐ Ground chillies
- ☐ English mustard
- ☐ Black pepper
- ☐ Plain flour
- ☐ Doongara Low Gi White Rice (or basmati rice)
- ☐ 5 cloves garlic
- ☐ Reduced-fat grated cheese



How our
food works
for you
see page 75

YOU JUST....
pick a protein

+

pick a
marinade

+

pick a lower-carb
salad

+

pick a carb salad

=

A balanced and brilliant
outdoor menu!

Take it outside

For an unforgettable alfresco feast, fire up the
barbie to create these hot favourites

PICK YOUR

protein

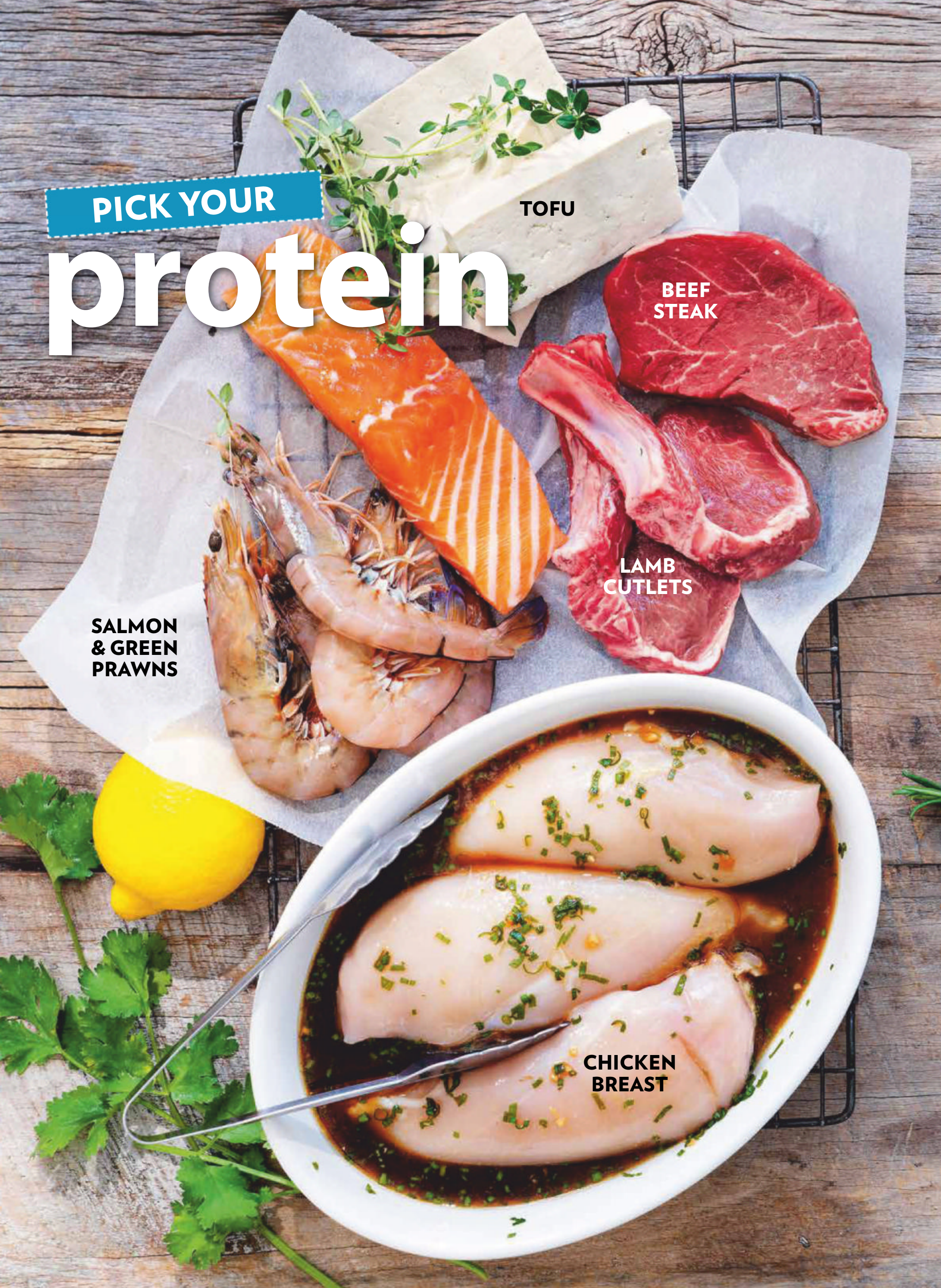
TOFU

BEEF
STEAK

LAMB
CUTLETS

SALMON
& GREEN
PRAWNS

CHICKEN
BREAST



Asian marinade Recipe, page 32

Middle Eastern marinade Recipe, page 32

Italian marinade Recipe, page 32

PICK YOUR

marinade



PICK YOUR

lower-carb salad

Mixed tomato
salad

Recipe, page 32

Asian salad
Recipe, page 33

**Bean, watercress
and beet salad**
Recipe, page 33

entertaining

PICK YOUR

carb salad

Roasted pumpkin
and chickpea salad
Recipe, page 35



Barbecued
herbed corn
Recipe, page 35





Roasted chargrilled
vegetable and
quinoa salad
Recipe, page 34

**LOWER-CARB
OPTION**
Remove honey
from dressing.



MARINATING

Put four portions of the protein of your choice in your chosen marinade in a shallow ceramic dish. Turn to coat. Cover and refrigerate for 2-4 hours (for seafood) or 6-8 hours (or overnight for the remaining proteins).

GF LC

ASIAN MARINADE

START TO FINISH 5 MINS
SERVES 4 (AS A MARINADE)

2 Tbsp salt-reduced soy sauce
or gluten-free soy sauce
2 Tbsp fresh squeezed lime juice
1 Tbsp sherry
1 tsp olive oil
1 tsp sesame oil
1 clove garlic, crushed
1 green shallot, finely chopped

1 Put soy sauce, lime juice, sherry, olive oil, sesame oil, garlic and shallot in a small jug. Whisk to combine.

Nutrition info

PER SERVE 142kJ, **protein** 1g, **total fat** 2g (sat. fat 0g), **carbs** 1g, **fibre** 0g, **sodium** 379mg • **Carb exchanges** 0 • **GI estimate** n/a
• **Gluten-free option** • **Lower carb**

GF LC

MIDDLE EASTERN MARINADE

START TO FINISH 5 MINS
SERVES 4 (AS A MARINADE)

2 Tbsp olive oil
Juice of 1 lemon
2 tsp smoked paprika
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground cinnamon
½-1 tsp ground chillies

1 Put the oil, lemon juice, paprika, cumin, coriander, cinnamon and chillies in a small bowl. Whisk to combine.

Nutrition info

PER SERVE 405kJ, **protein** 1g, **total fat** 10g (sat. fat 1g), **carbs** 1g, **fibre** 2g, **sodium** 22mg • **Carb exchanges** 0 • **GI estimate** n/a
• **Gluten free** • **Lower carb**

GF LC

ITALIAN MARINADE

START TO FINISH 5 MINS
SERVES 4 (AS A MARINADE)

Zest and juice of 1 lemon
1 Tbsp white or regular balsamic vinegar
1 Tbsp olive oil
1 Tbsp chopped rosemary
1 Tbsp chopped thyme
2 cloves garlic, crushed

1 Put lemon zest and juice, vinegar, oil, rosemary, thyme and garlic in a small bowl. Whisk to combine.

Nutrition info

PER SERVE 247kJ, **protein** 0g, **total fat** 5g (sat. fat 1g), **carbs** 2g, **fibre** 2g, **sodium** 3mg • **Carb exchanges** 0 • **GI estimate** n/a
• **Gluten free** • **Lower carb**

GF LC

MIXED TOMATO SALAD

START TO FINISH 10 MINS
(+ 30 MINS STANDING)
SERVES 4 (AS A SIDE)

500g mixed coloured small tomatoes, halved or quartered (if large)
1 cup basil leaves, torn

DRESSING

2 Tbsp red wine vinegar
2 tsp extra virgin olive oil
2 cloves garlic, crushed
Freshly ground black pepper

1 Put the tomato and basil in a serving bowl.

2 To make dressing, whisk the vinegar, oil, garlic and pepper in a small jug.

3 Pour the dressing over tomato and toss to combine. Set aside for 30 minutes to allow flavours to develop. Serve.

Nutrition info

PER SERVE 210kJ, **protein** 1g, **total fat** 2g (sat. fat 0g), **carbs** 4g, **fibre** 2g, **sodium** 9mg • **Carb exchanges** ½ • **GI estimate** low
• **Gluten free** • **Lower carb**

GFO LC

ASIAN SALAD**START TO FINISH** 10 MINS**SERVES** 4 (AS A SIDE)

- 1 head (200g) bok choy, trimmed, shredded
- 80g (2 cups) shredded Chinese cabbage
- 1 bunch coriander, leaves picked
- 2 green shallots, diagonally sliced
- ½ red capsicum, cut into thin strips

DRESSING

- 1½ Tbsp salt-reduced soy sauce or gluten-free soy sauce
- 1 Tbsp fresh lime juice
- 1 tsp sesame oil
- 1 clove garlic, crushed

1 Put the bok choy, cabbage, coriander, shallot and capsicum in a serving bowl. Toss to combine.

2 To make the dressing, put soy sauce, lime juice, oil and garlic in a small jug. Whisk to combine.

3 Add the dressing to salad and toss to combine. Serve.

Nutrition info

PER SERVE 174kJ, **protein** 3g, **total fat** 1g (sat. fat 0g), **carbs** 3g, **fibre** 3g, **sodium** 316mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten-free option** • **Lower carb**

GFO LC

BEAN, WATERCRESS AND BEET SALAD**PREP** 10 MINS **COOK** 5 MINS**SERVES** 4 (AS A SIDE)

- 125g green beans, trimmed
- 1 Lebanese cucumber, peeled into ribbons using a vegetable peeler
- 75g (4 cups) picked watercress leaves
- 30g (¼ cup) walnuts, roughly chopped
- 400g can baby beets, drained, patted dry and cut into thin wedges

DRESSING

- 2 Tbsp fresh orange juice
- 2 tsp olive oil
- 3 tsp wholegrain mustard or gluten-free mustard
- 1 tsp granulated sugar substitute
- Freshly ground black pepper

1 Bring a small saucepan of water to the boil. Add the beans and return to the boil. Drain and rinse beans in cold water. Slice diagonally and put in a large bowl.

2 Add cucumber, watercress and walnuts to beans. Toss to combine.

3 To make the dressing, put the juice, oil, mustard, sugar substitute and pepper in a small jug. Whisk to combine.

4 Put salad on a serving plate. Top with beets and drizzle over the dressing. Serve.

Nutrition info

PER SERVE 557kJ, **protein** 4g, **total fat** 8g (sat. fat 1g), **carbs** 10g, **fibre** 4g, **sodium** 285mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

Cook's Tip

Replace the watercress with baby spinach and the walnuts with skin-on almonds

ABOUT MARINADES

» The beauty of marinades is that they add flavour to meat as well as tenderise it.

» Most marinades contain some kind of acid, such as vinegar or citrus juices. The longer the meat marinates, the nicer it will taste – except for fish, as the acid starts to cook it.

» To add even more flavour to your barbecue food, use a herb brush. To make the brush, simply tie a bunch of different herbs together, such as rosemary, thyme and oregano. Then dip the brush into the marinade and brush the meat or seafood as you cook.

Add sizzle to summer entertaining with SUPER SIDES dressed to impress

GF

ROASTED CHARGRILLED VEGETABLE AND QUINOA SALAD

PREP 15 MINS (+ 30 MINS STANDING)

COOK 15 MINS

SERVES 4 (AS A SIDE)

1 red capsicum, halved, deseeded
1 large zucchini, sliced lengthways
300g eggplant, sliced lengthways
110g (½ cup) quinoa
250ml (1 cup) water
50g reduced-fat feta, chopped
¼ cup mint leaves, torn
¼ cup flat-leaf parsley leaves, torn

DRESSING

1½ Tbsp balsamic vinegar
1 tsp olive oil
2 tsp honey
Freshly ground black pepper

1 Preheat barbecue grill to medium-high. Spray vegetables with oil. Cook, turning occasionally, for 4-5 minutes or until tender. Transfer to a plate and set aside to cool.

2 Put quinoa and water in medium saucepan. Cover; bring to boil over high heat. Reduce heat to medium-low and simmer, covered, for 10

minutes or until liquid is absorbed. Transfer to a bowl. Set aside to cool.

3 To make the dressing, whisk the vinegar, oil, honey and pepper in a small bowl.

4 Chop the vegetables and put in a large bowl with quinoa. Toss to combine. Add the feta, mint, parsley and dressing. Toss to combine. Set aside for 30 minutes to allow flavours to combine. Serve.

NOTE Spray the barbecue with cooking oil before turning it on. Preheat to high, then reduce the heat to medium once the food is added.

Nutrition info

PER SERVE 885kJ, **protein** 10g, **total fat** 5g (sat. fat 2g), **carbs** 27g, **fibre** 7g, **sodium** 153mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

GF LCO

PER SERVE (lower-carb option) 838kJ, **protein** 10g, **total fat** 5g (sat. fat 2g), **carbs** 24g, **fibre** 7g, **sodium** 153mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

GFO

ROASTED PUMPKIN AND CHICKPEA SALAD

PREP 10 MINS **COOK** 25 MINS

SERVES 4 (AS A SIDE)

600g piece pumpkin, peeled,
deseeded, chopped
90g baby spinach leaves
420g can no-added-salt chickpeas,
drained, rinsed
½ telegraph cucumber, chopped
1 small avocado, peeled, stone
removed, chopped

DRESSING

2 Tbsp 97% fat-free mayonnaise
or gluten-free mayonnaise
1 Tbsp fresh lemon juice
1 Tbsp boiling water
2 tsp wholegrain mustard
or gluten-free mustard

1 Preheat oven to 200°C (fan-forced). Line an ovenproof dish with baking paper. Put pumpkin in prepared dish and spray with oil. Roast for 20-25 minutes or until pumpkin is just tender. Set aside to cool.

2 To make dressing, put all ingredients in a bowl and whisk to combine. Set aside.

3 Put spinach, chickpeas and cucumber in a shallow serving dish. Toss to combine. Add avocado and pumpkin to salad.

4 To serve, drizzle with the dressing.

Nutrition info

PER SERVE 816kJ, **protein** 9g, **total fat** 6g (sat. fat 1g), **carbs** 22g, **fibre** 8g, **sodium** 164mg. • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option.**

GF

BARBECUED HERBED CORN

PREP 10 MINS **COOK** 25 MINS

SERVES 4 (AS A SIDE)

20g light margarine
2 cloves garlic, crushed
2 Tbsp chopped herbs (such
as parsley, chives and dill)
Freshly ground black pepper
4 small corn cobs, husk and silk
removed

1 Preheat a barbecue plate or grill to medium-high.

2 Put margarine, garlic and herbs in a small bowl. Season with pepper and stir to combine. Spread the herb mixture all over each corn cob and wrap each in foil.

3 Put corn cobs on barbecue and reduce heat to medium. Cover barbecue with lid and cook for 20-25 minutes, turning occasionally, or until corncobs are bright yellow and tender. Transfer to serving plates and serve.

Nutrition info

PER SERVE 620kJ, **protein** 5g, **total fat** 5g (sat. fat 2g), **carbs** 19g, **fibre** 6g, **sodium** 48mg.
• **Carb exchanges** 1½
• **GI estimate** low
• **Gluten free**

Cook's Tip

In the chickpea salad, try replacing the spinach with rocket leaves and the cucumber with capsicum.



HOW TO COOK THE PERFECT STEAK

Raise the stakes in your barbecuing skills
with our expert tips

BEFORE YOU BEGIN

» Buy steaks that have a fairly consistent thickness – wedged-shaped pieces don't cook as evenly.

» Take the meat out of the fridge 15-20 minutes before you want to cook it. This gives it time to come to room temperature and to cook evenly.

» Oil the meat, not the barbecue. This prevents the steak from sticking and your barbecue from smoking.

Nutrition info **GF**

PER SERVE (125g steak only)
886kJ, **protein** 30g, **total fat** 10g (sat. fat 2g), **carbs** 0g, **fibre** 0g, **sodium** 46mg
• **Carb exchanges** 0.
• **GI estimate** N/A
• **Gluten free**

FOLLOW THESE STEPS



1 Preheat your barbecue grill, chargrill plate or frying pan to high. Trim any excess fat from the meat (our recipes are based on a 125g steak that's 1.5cm thick). Season all over with freshly ground black pepper and spray with olive oil.



2 Put steak on grill and reduce heat to medium-high. Cook for 2 minutes.



3 Turn meat over and cook for a further 2 minutes for medium. Transfer to a plate and cover loosely with foil for 2 minutes to rest. This allows the juices in the meat to settle and will give you a tender and juicy result.

THE TOUCH TEST

Ever wondered how the top chefs cook their steaks to order, every time? Experience aside, there is a simple way to get it right – and it's all done with touch. Here's our easy guide to cooking rare, medium-rare, medium and well done.

**RARE**

Touch the tips of your left thumb and left index finger together and press your right thumb to the ball of your left thumb. It should give and not be firm.

**MEDIUM-RARE**

Touch the tips of your left thumb and left middle finger together and press your right thumb to the ball of your left thumb. It should feel firmer and less giving.

**MEDIUM**

Touch the tips of your left thumb and left ring finger together and press your right thumb to the ball of your left thumb. It should give a little and feel firm.

**WELL DONE**

Touch the tips of your left thumb and little finger together and press your right thumb to the ball of your left thumb. It should feel very firm. ■

RICE SWAP

These recipes trade traditional rice for cauliflower and broccoli rice, giving you easy weeknight dinners that are lower in kilojoules and carbs

How our
food works
for you
see page 75

What is Vegie Rice?

“Rice” made from cauliflower, broccoli, or other vegetables is simply small vegetable pieces. It’s made by chopping and pulsing vegetables in a food processor until they are in rice-like pieces.



WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal,
providing you various content:
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fresh magazines, hot games,
recent software, latest music releases.

Unlimited satisfaction one low price

Cheap constant access to piping hot media

Protect your downloadings from Big brother

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18 years of seamless operation and our users' satisfaction

All languages

Brand new content

One site



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AvaxHome - Your End Place

We have everything for all of your needs. Just open <https://avxlive.icu>



**LOWER-CARB
OPTION**
Drop the
breadcrumbs.
Sprinkle with
parmesan
and bake.

Chicken alfredo
cauliflower rice bake
Recipe, page 42



**Chicken & black
bean burritos with
coriander lime rice**
Recipe, page 42

GFO LC

**CHICKEN FRIED
RICE BOWLS****PREP** 15 MINS **COOK** 15 MINS
SERVES 4 (AS A MAIN)

2 tsp olive oil
 375g chicken breast mince
 or turkey mince
 1 brown onion, finely chopped
 Pinch ground chillies
 ½ tsp ground cumin
 3 cloves garlic, crushed
 2 cups cauliflower rice (fresh
 or frozen)
 2 cups broccoli rice
 4 x 60g eggs, whisked
 3 Tbsp fresh lime juice, plus 4 lime
 wedges, to serve
 Freshly ground black pepper
 1 avocado, sliced
 ½ cup coriander, roughly chopped
 4 large radishes, cut into short,
 thin sticks
 Hot sauce or gluten-free hot
 sauce, to serve (optional)

1 Heat the oil in a large non-stick frying pan over medium-high heat. Add the chicken or turkey mince, onion, ground chillies and cumin. Cook, stirring occasionally, for 5 minutes or until the mince is browned and the onion starts to soften. Add the garlic and cook, stirring, for 1 minute. Add the cauliflower and broccoli rice to the pan. Cook, stirring often, for 3-4 minutes or until tender.

2 Push the vegetable mixture to one side of the pan. Pour in eggs and cook, without stirring, until beginning to set. Continue cooking, lifting and folding the eggs, until

cooked through but still glossy and moist. Remove the pan from the heat. Stir the vegetable mixture into the eggs. Stir in the lime juice. Season with pepper.

3 Divide the vegetable mixture between 4 serving bowls. Top with avocado, coriander and radishes. Serve with lime wedges and, if desired, hot sauce.

Nutrition info

PER SERVE 1310kJ, **protein** 35g, **total fat** 14g (sat. fat 3g), **carbs** 7g, **fibre** 9g, **sodium** 175mg • **Carb exchanges** 1/2 • **GI estimate** low
 • **Gluten-free option** • **Lower carb**



makeover

CHICKEN ALFREDO CAULIFLOWER RICE BAKE

PREP 10 MINS **COOK** 40 MINS
SERVES 4 (AS A MAIN)

7 cups cauliflower florets
3 Tbsp olive oil
1 tsp dried basil, crushed
Freshly ground black pepper
2½ cups baby spinach leaves
2 cups chopped cooked skinless chicken breast
490g jar Dolmio Three Cheese Pasta Sauce
2 Tbsp grated Parmesan
½ cup panko breadcrumbs
Small basil leaves, to serve

1 Preheat oven to 190°C (fan-forced).

2 Working in batches, place the cauliflower in a large food processor. Cover and pulse until crumbly and resembling rice, about 4 to 6 pulses.

3 Transfer the cauliflower to a 3.5L (14 cup) casserole dish. Drizzle with 2 Tbsp of the oil. Sprinkle with the dried basil and pepper. Toss to coat. Bake for 15 minutes.

4 Stir the spinach, chicken and pasta sauce into the cauliflower. Sprinkle with Parmesan. Combine breadcrumbs and remaining oil

in a small bowl. Sprinkle over the cauliflower mixture. Bake for 20-25 minutes or until the top is browned. Sprinkle with basil leaves, to serve.

Nutrition info

PER SERVE 1830kJ, **protein** 32g, **total fat** 22g (sat. fat 6g), **carbs** 29g, **fibre** 6g, **sodium** 620mg
• **Carb exchanges** 2 • **GI estimate** medium



PER SERVE (lower-carb option) 1540kJ, **protein** 29g, **total fat** 21g (sat. fat 6g), **carbs** 15g, **fibre** 5g, **sodium** 543mg • **Carb exchanges** 1 • **GI estimate** low

GFO

CHICKEN & BLACK BEAN BURRITOS WITH CORIANDER LIME RICE

PREP 20 MINS **COOK** 20 MINS
SERVES 4 (AS A MAIN)

2 tsp canola oil
1 small brown onion, chopped
1 clove garlic, crushed
2 cups shredded cooked chicken breast
¾ cup no-added-salt black beans, rinsed
2 Tbsp La costena chipotle in adobo sauce
1 tsp ground cumin
½ cup fresh corn kernels, cooked
2 cups cauliflower rice (fresh or frozen)
¾ tsp lime zest
2 Tbsp fresh lime juice
½ cup coriander, chopped
¼ tsp freshly ground pepper
½ cup grated reduced-fat cheese

4 (40g each) 25cm wholemeal tortillas or gluten-free tortillas, warmed

4 Tbsp Greek-style natural yoghurt or sour cream, to serve (optional)

CORN SALSA

½ cup fresh corn kernels, cooked
1 large tomato, deseeded, finely chopped
2 Tbsp finely chopped red onion
2 green shallots, finely chopped
1 Tbsp chopped coriander

1 Heat 1 tsp of the oil in a medium saucepan over medium-high heat. Add the onion and cook, stirring occasionally, for 5 minutes or until the onion starts to soften. Add the garlic and cook, stirring, for 1 minute.

2 Stir the chicken, beans, chipotles and cumin into the pan. Reduce heat to medium-low, cover and cook, stirring occasionally, for 5

minutes or until heated through.

3 Heat the remaining oil in a 25cm non-stick frying pan over medium heat. Add the cauliflower and cook, stirring occasionally, for 5 minutes or until tender. Remove the pan from the heat. Stir in the lime zest, lime juice, coriander and pepper.

4 Meanwhile, to make the corn salsa, combine all the ingredients in a bowl.

5 Divide the cauliflower mixture, chicken mixture, corn salsa, and cheese among tortillas. Top with the yoghurt. Fold in the sides and roll up the tortillas.

Nutrition info

PER SERVE 1920kJ, **protein** 37g, **total fat** 12g (sat. fat 4g), **carbs** 45g, **fibre** 8g, **sodium** 675mg • **Carb exchanges** 3½ • **GI estimate** low
• **Gluten-free option**

**Riced cauliflower
tabbouleh**
Recipe, page 45





GF LC

**RICED CAULIFLOWER
TABBOULEH****PREP** 20 MINS (+ 1 HOUR RESTING)**COOK** 1 HOUR 20 MINS**SERVES** 4 (AS A LIGHT MEAL)

3 Tbsp olive oil

560g (5 cups) cauliflower rice
(fresh or frozen)

1 Tbsp lemon zest

60ml (¼ cup) fresh lemon juice

½ tsp sugar

1 cup chopped herbs (such as
mint, parsley, and/or dill)

250g cherry tomatoes, halved

1 large Lebanese cucumber,
halved, seeds removed, finely
chopped

4 green shallots, chopped

60g sunflower seeds

Lemon wedges, to serve

1 Heat the oil in a large non-stick frying pan over medium-high heat. Add the cauliflower rice and cook, stirring occasionally, for 5 minutes or until tender crisp. Spread the cauliflower over a large baking tray to cool.

2 Combine the lemon zest, lemon juice and sugar in a large bowl. Stir in the cauliflower, herbs, tomatoes, cucumber and green shallots. Cover and set aside at room temperature for 1 hour, stirring occasionally.

3 Stir the sunflower seeds into the tabbouleh just before serving. Serve with lemon wedges.

Nutrition info

PER SERVE 1160kJ, **protein** 7g, **total fat** 22g (sat. fat 3g), **carbs** 9g, **fibre** 7g, **sodium** 75mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

Riced Vegie Maths

Cauliflower and other vegie “rices” are now widely available in the fruit and veg sections and freezer aisles of large supermarkets. You can also make your own vegie rice by pulsing florets in the food processor. One large head of broccoli or cauliflower (or about 4 cups of florets) yields about 3-4 cups of “rice.”

GF LC

**TURKEY & FETA
STUFFED CAPSICUMS****PREP** 20 MINS **COOK** 25 MINS**SERVES** 4 (AS A MAIN)4 large red or yellow capsicum
(or a combination of both)

4 Tbsp water

2 tsp olive oil

400g turkey or chicken breast
mince

1 brown onion, finely chopped

3 cloves garlic, crushed

4 tsp ground cumin

4 tsp ground coriander

1 tsp ground cinnamon

½ tsp freshly ground black
pepper

¼ tsp cayenne pepper

3 cups cauliflower rice and/or
broccoli rice (fresh or frozen)1 cup lightly packed coriander
leaves

100g reduced-fat feta, crumbled

55g (1/3 cup) pine nuts

¼ cup chopped mint

1 Preheat oven to 190°C (fan-forced). Cut the capsicums in half lengthways. Remove the stems, seeds, and membranes. Place 4 of the capsicum halves in a 20cm square microwaveable baking dish. Add 2 Tbsp of the water. Cover and microwave on High/100% for 4 minutes or until tender crisp, pausing halfway

through cooking to rotate the capsicums. Drain. Repeat with the remaining 4 capsicum halves and remaining 2 Tbsp of water.

2 Heat the oil in a 25cm non-stick frying pan over medium heat. Add the turkey, onion, garlic, cumin, coriander, cinnamon, pepper and cayenne. Cook, stirring frequently, for 7 minutes or until the turkey is browned. Stir in cauliflower (and/or broccoli) and cook, stirring occasionally, for 3 minutes or until heated through. Remove the pan from heat. Stir in coriander and feta.

3 Arrange capsicum halves, cut-sides up, in a baking dish that fits capsicum halves in a single layer. Fill each capsicum half with about ½ cup of turkey mixture. Cover with foil and bake for 15 minutes. Sprinkle the capsicum with pine nuts. Bake, uncovered, for 8-10 minutes or until the filling is heated through and the pine nuts are toasted. Top with mint leaves, to serve.

Nutrition info

PER SERVE 1920kJ, **protein** 44g, **total fat** 19g (sat. fat 5g), **carbs** 21g, **fibre** 10g, **sodium** 426mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb** ■



LITTLE

**MAPLE
PECAN**

**DARK
CHOCOLATE
GINGER**

How our
food works
for you
see page 75

**WHITE
CHOCOLATE
CRUNCHOLA**

**CARAMEL
PRETZEL:**

DIPPERS

**PEANUT
BUTTER
CHOCOLATE**

MARGARITA

This lighter take on a toffee apple
will be the apple of your eye

**STRAWBERRY
SHORTBREAD**

**CHOCOLATE
S'MORE**

A typical toffee apple can contain almost 50g of carbohydrate and 1000kJ! But there's no need to feel left out this apple season. You can still enjoy a sweet treat, just with a few tweaks.

It's all about portion control with these goodies. Start with a medium apple (about 7½cm in diameter), then core and slice into 12 equal pieces. Pick your flavour, such as caramel pretzel or maple-pecan, then get dipping!

This will easily become a new family tradition everyone will love – and you won't overdo it on carbs or kilojoules.

LITTLE DIPPERS

PREP 15 MINS

SERVES 6 (AS A SNACK)

For each variation, use 1 **medium apple**, cut into 12 slices. Arrange coated slices on a waxed paper lined tray and let stand until firm before serving.

MAPLE PECAN

Dip slices into combined 80g melted **butterscotch** and ⅛ tsp **coconut oil**. Sprinkle with 3 Tbsp finely chopped **toasted pecans**.

Nutrition info

PER SERVE (2 slices each) 413kJ, **protein** 1g, **total fat** 4g (sat. fat 1g), **carbs** 15g, **fibre** 1g, **sodium** 44mg
 • **Carb exchanges** 1
 • **GI estimate** high

DARK CHOCOLATE GINGER

Dip slices into 80g melted **dark chocolate**. Sprinkle with 3 crushed **Arnotts ginger nut biscuits**.

Nutrition info

PER SERVE (2 slices each) 486kJ, **protein** 1g, **total fat** 5g (sat. fat 3g), **carbs** 17g, **fibre** 1g, **sodium** 25mg
 • **Carb exchanges** 1
 • **GI estimate** low

WHITE CHOCOLATE BERRY MUESLI

Dip slices into 80g melted **white chocolate**. Sprinkle with ¼ cup **Carmens Super Berry Muesli**.

Nutrition info

PER SERVE (2 slices each) 461kJ, **protein** 2g, **total fat** 6g (sat. fat 3g), **carbs** 13g, **fibre** 1g, **sodium** 11mg
 • **Carb exchanges** 1
 • **GI estimate** low

CARAMEL PRETZEL

Dip slices into 80g melted **white chocolate**. Sprinkle with 3 Tbsp crushed **pretzels**. Let firm. Drizzle with 1½ tsp **caramel topping**.

Nutrition info

PER SERVE (2 slices each) 396kJ, **protein** 1g, **total fat** 5g (sat. fat 3g), **carbs** 12g, **fibre** 1g, **sodium** 30mg
 • **Carb exchanges** 1
 • **GI estimate** low

MARGARITA

Dip slices into 80g melted **white chocolate**. Sprinkle each with a little **lime zest**.

Nutrition info **LC**

PER SERVE (2 slices each) 359kJ, **protein** 1g, **total fat** 4g (sat. fat 3g), **carbs** 10g, **fibre** 1g, **sodium** 11mg
 • **Carb exchanges** ½
 • **GI estimate** low • **Lower carb**

PEANUT BUTTER CHOCOLATE

Dip slices into combined 80g melted **no-added-salt and no-added-sugar peanut butter** and ⅛ tsp **coconut oil**. Sprinkle with 30g melted **choc bits**.

Nutrition info **GF** **LC**

PER SERVE (2 slices each) 527kJ, **protein** 4g, **total fat** 9g (sat. fat 2g), **carbs** 7g, **fibre** 2g, **sodium** 7mg
 • **Carb exchanges** ½
 • **GI estimate** low
 • **Gluten free** • **Lower carb**

STRAWBERRY SHORTBREAD

Dip slices into 80g melted **white chocolate**. Sprinkle with 30g crushed **shortbread biscuits**. Let set. Drizzle with 3 Tbsp warmed **St Dalfour strawberry spread**.

Nutrition info

PER SERVE (2 slices each) 561kJ, **protein** 1g, **total fat** 6g (sat. fat 4g), **carbs** 19g, **fibre** 1g, **sodium** 36mg
 • **Carb exchanges** 1½
 • **GI estimate** medium

CHOCOLATE S'MORE

Dip slices into 80g melted **dark chocolate**. Sprinkle with 3 crushed **Arnott's Milk Coffee biscuits** and 12 tiny **marshmallows**, cut up.

Nutrition info

PER SERVE (2 slices each) 472kJ, **protein** 1g, **total fat** 5g (sat. fat 3g), **carbs** 17g, **fibre** 1g, **sodium** 20mg
 • **Carb exchanges** 1
 • **GI estimate** low ■

food in focus



**LOWER-CARB
OPTION**
Drop the
potatoes.

BBQ CHICKEN

Sweet and sticky,
and healthy too

GFO

SMOKY TOMATO CHICKEN DRUMSTICKS WITH GREEN GODDESS SALAD

PREP 15 MINS **COOK** 30 MINS
SERVES 2 (AS A MAIN)

2 tsp tomato purée
2 tsp balsamic vinegar
¼ tsp smoked paprika
1 pitted medjool date
1 tsp olive oil
1 large clove garlic, chopped
3 Tbsp water
4 skinless chicken drumsticks
1 baby cos lettuce, shredded
2 handfuls watercress or baby
spinach leaves
1 Lebanese cucumber, halved
and sliced
2 x 50g Carisma potatoes, baked
or microwaved, to serve

FOR THE DRESSING

1 small avocado, halved and
stone removed
2 Tbsp low-fat Greek-style
natural yoghurt
1 Tbsp fresh lemon juice
4 green shallots, chopped
½ tsp dried tarragon
¼ tsp English mustard powder or
gluten-free mustard powder

1 Preheat oven to 180°C (fan-
forced). Place the tomato puree,
vinegar, paprika, date, oil, garlic
and the water in a small bowl. Use
a hand held blender to blend until
smooth. Slash the drumsticks a few
times with a small sharp knife.

2 Place the chicken and sauce in a
shallow ovenproof dish. Toss the
chicken to coat. Roast for 30 minutes.

3 Meanwhile, to make the dressing,
scoop the avocado into a bowl.
Add the yoghurt, lemon juice,
green shallots, tarragon and
mustard powder. Use a hand held
blender to blitz until smooth.

4 Toss the lettuce, watercress
and cucumber together in a bowl.
Serve the chicken with salad,
dressing and potatoes.

Nutrition info

PER SERVE 2100kJ, **protein** 47g,
total fat 21g (sat. fat 5g), **carbs** 31g,
fibre 12g, **sodium** 246mg • **Carb**
exchanges 2 • **GI estimate** low
• **Gluten-free option**

GFO **LCO**

PER SERVE (lower-carb option)
1780kJ, **protein** 42g, **total fat** 20g
(sat. fat 5g), **carbs** 15g, **fibre** 9g,
sodium 223mg • **Carb**
exchanges 1 • **GI estimate** low
• **Gluten-free option** ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

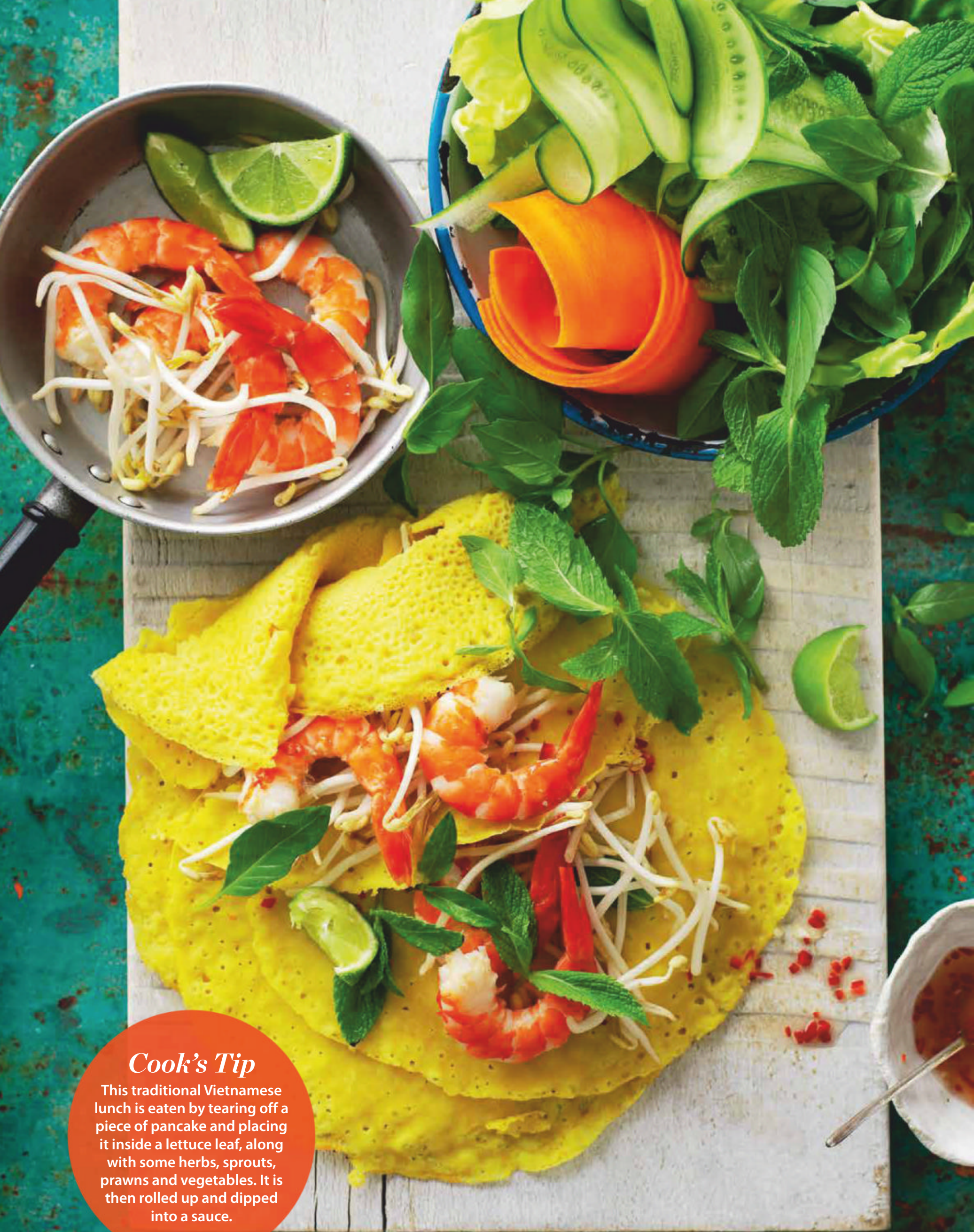


Barley, cherry
& feta salad
Recipe, page 50

HEALTHY LUNCH IDEAS

Delve into the magical world
of nutritious and delicious
dishes – perfect for a lunch
at home or in the office

How our
food works
for you
see page 75



Cook's Tip

This traditional Vietnamese lunch is eaten by tearing off a piece of pancake and placing it inside a lettuce leaf, along with some herbs, sprouts, prawns and vegetables. It is then rolled up and dipped into a sauce.

LC

**BARLEY, CHERRY
& FETA SALAD****PREP** 15 MINS **COOK** 25 MINS
SERVES 2 (AS A LIGHT MEAL)

65g (1/3 cup) pearl barley, rinsed
100g Brussels sprouts, trimmed,
very thinly sliced (see Cook's
Tips, below)

1½ cups firmly packed trimmed
watercress sprigs

75g fresh or defrosted frozen
cherries, pitted

1½ Tbsp coarsely chopped
walnuts, toasted (see Cook's
Tips, below)

2 tsp olive oil

2 Tbsp fresh lemon juice

Freshly ground black pepper

30g reduced-fat feta, crumbled

1 Cook barley in a medium
saucepan of boiling water for
25 minutes or until tender. Drain,
rinse under cold water. Drain well.
Transfer to a large bowl.

2 Add the sprouts, watercress,
cherries, nuts and combined oil
and juice to the barley. Season with
pepper. Transfer to a serving plate.
Sprinkle over the feta. Serve.

COOK'S TIPS

■ Use a V-slicer or mandoline to
slice Brussel's sprouts very thinly.

■ To toast the walnuts, cook in
a small non-stick frying pan
over medium heat, stirring, for
2-3 minutes or until lightly toasted
and aromatic.

Nutrition info

PER SERVE 1220kJ, **protein** 11g,
total fat 14g (sat. fat 3g), **carbs** 26g,
fibre 9g, **sodium** 199mg • **Carb**
exchanges 1½ • **GI estimate** low
• **Lower carb**

Enjoy the hands-on flavour of Vietnamese pancakes packed with fresh vegies, prawns and a spicy dipping sauce

GF LC

**VIETNAMESE PANCAKES
WITH PRAWNS****PREP** 15 MINS **COOK** 15 MINS
SERVES 4 (AS A LIGHT MEAL)

90g (½ cup) rice flour

¼ tsp ground turmeric

2 Tbsp light coconut milk

160ml (½ cup) water

60g egg

1 Tbsp olive oil

8 butter lettuce leaves (pulled
from the centre of the lettuce)

8 (280g) cooked tiger prawns,
peeled and deveined, tails
left intact

1 Lebanese cucumber, peeled
into ribbons

1 large carrot, peeled into ribbons

1 cup bean sprouts

½ bunch mint leaves

½ bunch Thai basil leaves

CHILLI DIPPING SAUCE

1 Tbsp warm water

1 Tbsp fresh lemon juice

2 tsp low-GI cane sugar

½ tsp fish sauce

½ clove garlic, crushed

1 fresh small red Thai chilli
(serrano), finely chopped

1 To make the chilli dipping sauce;
place the water, juice and sugar
in a small bowl. Stir until the
sugar dissolves. Stir in fish
sauce, garlic and chilli.

2 Place the rice flour and turmeric
in a bowl. Add coconut milk, water
and egg. Whisk until well combined
and batter is smooth.

3 Heat 1 tsp of the oil in a large
non-stick frying pan (base
measurement 23cm) over medium
heat. Pour about one-quarter
of the batter into the pan and
swirl around the base to form
a thin pancake. Cook for 2 minutes
or until batter has set.

4 Slide the pancake onto a serving
plate and repeat to make three
more pancakes.

5 Serve pancakes with lettuce,
prawns, cucumber, carrot, sprouts,
herbs and chilli dipping sauce.

Nutrition info

PER SERVE 917kJ, **protein** 13g,
total fat 8g (sat. fat 2g), **carbs** 23g,
fibre 4g, **sodium** 364mg • **Carb**
exchanges 1½ • **GI estimate**
medium • **Gluten free**
• **Lower carb**

light meals

**LOWER-CARB
OPTION**
Serve without
toast

GFO

CAULIFLOWER & ZUCCHINI SOUP

PREP 15 MINS **COOK** 40 MINS
SERVES 2 (AS A LIGHT MEAL)

½ thin slice prosciutto, excess fat trimmed
1 Tbsp olive oil
1 small leek, trimmed, thinly sliced
1 clove garlic, crushed
400g cauliflower, cut into florets
1 small potato, coarsely chopped
1L (4 cups) water
½ tsp salt-reduced chicken stock powder or gluten-free stock powder
1 small zucchini, thickly sliced
2 Tbsp light thickened cream
2 x 25g slices sourdough bread or gluten-free bread
2 tsp torn flat-leaf parsley
Freshly ground black pepper

1 Cook prosciutto in a medium non-stick saucepan over high heat for 1 minute each side or until crisp. Set aside. Once cool, break into small shards.

2 Heat half the oil in the same pan over medium heat. Add leek and garlic. Cook, stirring often, for 5 minutes or until the leek softens and is lightly golden. Add the cauliflower, potato, water and stock powder. Bring to the boil over high heat. Reduce heat to medium and simmer for 10 minutes.

3 Add the zucchini to the pan and cook, stirring occasionally, for 20 minutes or until the vegetables are tender. Remove the pan from the heat and stir in cream. Using a hand held blender, blend until smooth, adding a little more water if necessary.



4 Preheat a grill or grill plate on medium-high. Brush both sides of bread with the remaining oil. Cook under or on grill until lightly toasted.

5 Divide the soup between serving bowls. Top with prosciutto and parsley. Season with pepper and accompany each with a slice of toast.

COOK'S TIP The soup will keep in the fridge for 2 days. Alternatively, the soup can be frozen up to 3 months.

Nutrition info

PER SERVE 1280kJ, **protein** 10g, **total fat** 15g (sat. fat 4g), **carbs** 30g, **fibre** 6g, **sodium** 384mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

GFO LCO

PER SERVE (lower-carb option) 1020kJ, **protein** 8g, **total fat** 15g (sat. fat 4g), **carbs** 17g, **fibre** 6g, **sodium** 289mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option**



Tuna & asparagus
quiche with
sweet potato salad
Recipe, page 55

**LOWER-CARB
OPTION**

Replace the sweet
potato with 250g
deseeded, peeled
and chopped
pumpkin.



**LOWER-CARB
OPTION**
Reduce the
chickpeas to
half a 125g can

TUNA & ASPARAGUS QUICHE WITH SWEET POTATO SALAD

PREP 15 MINS **COOK** 25 MINS
SERVES 2 (AS A LIGHT MEAL)

2 sheets filo pastry (see Cook's Tip, right)
85g asparagus, trimmed
60g egg
1 egg white (from 60g egg)
2 Tbsp skim milk
95g can tuna in springwater, flaked, drained well on paper towel
1½ Tbsp finely grated parmesan
2 tsp pine nuts
250g orange sweet potato, unpeeled, cut into 5mm-thick slices
40g baby spinach leaves
2 tsp balsamic vinegar
1 Tbsp micro herbs (optional), to serve

1 Preheat oven to 200°C (fan-forced). Spray two round 7.5cm (base measurement) 11cm (top)

pie tins with oil. Line a baking tray with baking paper.

2 Working with one sheet of filo at a time, cut one sheet into 4 rectangles. Spray each rectangle lightly with oil and stack together, slightly overlapping. Press into one tin. Repeat with remaining pastry sheet and tin.

3 To blanch the asparagus, plunge it in a saucepan of boiling water for 1 minute. Use tongs or a slotted spoon to remove then immediately plunge it into a bowl of iced water. Set aside for 2 minutes then drain. Cut into 2cm pieces.

4 Whisk the egg, egg white and milk in a jug.

5 Arrange the asparagus and tuna in the base of pastry cases. Pour egg over tuna mixture. Sprinkle with parmesan and pine nuts. Bake for 20 minutes or until golden and set.

6 Meanwhile, arrange the sweet potato in a single layer on the lined

tray. Spray lightly with cooking spray. Bake sweet potato with quiches for 25 minutes or until tender.

7 Place the sweet potato in a bowl with spinach and vinegar. Toss gently to combine.

8 Serve quiche with the salad and top with micro herbs, if using.

COOK'S TIP To stop pastry drying out, cover it with clean damp cloth until ready to use. Remove cooked tarts from tins immediately to prevent the bases from softening.

Nutrition info

PER SERVE 1410kJ, **protein** 27g, **total fat** 9g (sat. fat 3g), **carbs** 33g, **fibre** 6g, **sodium** 547mg • **Carb exchanges** 2 • **GI estimate** low

LCO

PER SERVE (lower-carb option) 1280kJ, **protein** 27g, **total fat** 10g (sat. fat 3g), **carbs** 24g, **fibre** 5g, **sodium** 536mg • **Carb exchanges** 1½ • **GI estimate** low

MOROCCAN LAMB AND CHICKPEA WRAPS

PREP 15 MINS **COOK** 5 MINS
SERVES 2 (AS A LIGHT MEAL)

200g lamb fillets, trimmed of fat
125g can chickpeas, drained, rinsed
60g drained chargrilled capsicum, thinly sliced
½ small red onion, finely chopped
1 large tomato, finely chopped
¼ cup loosely packed mint leaves
2 Tbsp fresh lemon juice
1 tsp olive oil
70g (¼ cup) low-fat natural yoghurt
¼ tsp harissa paste
6 butter lettuce leaves
2 (25g each) rye mountain bread

1 Preheat a chargrill pan on medium-high. Spray the lamb

with cooking spray and add to the chargrill. Cook for 4-5 minutes, turning occasionally, for medium. Transfer to a plate, cover loosely with foil and set aside to rest for 5 minutes. Thickly slice.

2 Meanwhile, combine the chickpeas, capsicum, onion, tomato, mint, lemon juice and oil in a bowl. Toss to combine.

3 Combine the yoghurt and harissa in a small bowl.

4 Divide the yoghurt mixture, lettuce, lamb and chickpea mixture between wraps. Roll firmly to enclose filling.

COOK'S TIPS

■ There are many types of mountain bread available; choose your favourite for this recipe.

■ Harissa is a very hot spice paste; there are many different brands of harissa paste available, and the strengths vary enormously. Reduce the amount of harissa to suit your taste if you are not used to the fiery heat.

Nutrition info

PER SERVE 1410kJ, **protein** 29g, **total fat** 10g (sat. fat 3g), **carbs** 27g, **fibre** 7g, **sodium** 493mg • **Carb exchanges** 2 • **GI estimate** low

LCO

PER SERVE (lower-carb option) 1310kJ, **protein** 28g, **total fat** 9g (sat. fat 3g), **carbs** 25g, **fibre** 6g, **sodium** 389mg • **Carb exchanges** 1½ • **GI estimate** low ■

light meal

GFO LC

GRILLED VEGETABLE ANTIPASTI

PREP 20 MINS (+ MARINATING)

COOK 30 MINS SERVES 6 (AS LIGHT MEAL)

1 each of a green, red and yellow capsicum, cut into quarters, deseeded
Freshly ground black pepper
3 Tbsp olive oil
3 zucchini, cut on the diagonal into 1cm-thick slices
2 eggplant, cut lengthways into ½cm-thick slices
3 whole cloves garlic, bashed
Few sprigs thyme
Sherry vinegar
Half-sized (130g) baguette or gluten-free bread, to serve

1 Preheat large chargrill pan or barbecue grill over medium-high heat. Spray the capsicum with cooking spray. Season with pepper. Place 3 bowls on the bench.

2 Add the capsicum in batches to the grill and cook for 5-6 minutes, turning occasionally, until the capsicums soften and have grill marks on them. As each batch is done place them into one of the bowls and cover with a clean tea towel or a piece of foil (the residual heat and steam will soften the capsicum even further).

3 Repeat process with zucchini and eggplant, making sure all vegies are tender before transferring into 2 other bowls (especially important for eggplant as it will be spongy if not fully cooked).

4 Once all the vegies are cooked, add 1 Tbsp of the oil to each bowl with some of the garlic, thyme and a splash of sherry vinegar. Toss to combine. Set aside at room temperature for at least 1 hour to marinate if you are eating that day. Serve with baguette or bread.

Nutrition info

PER SERVE 1300kJ, **protein** 7g, **total fat** 20g (sat. fat 3g), **carbs** 21g, **fibre** 8g, **sodium** 120mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb** ■

Cook's Tips

- Keep in the fridge for up to 3 days. Bring to room temperature before serving.
- Can be used in salads, sliced and used on pizzas, in pasta dishes or on sandwiches.

WEEKEND PROJECT

ANTIPASTI

Kick off a classic Italian meal with these gorgeous grilled vegies

Gluten Free ALL DAY

Coeliac
Awareness
Week
13-20 March 2021

You can enjoy every meal – brekkie, lunch, dinner and dessert – gluten free. And check out our top GF picks!

How our
food works
for you
see page 75

Bircher muesli
Recipe, page 59

HEALTH TIP

To boost your fibre intake, mix in 2Tbsp of chia seeds at Step 1.

GF

LAMB & VEGETABLE PIZZA

PREP 10 MINS **COOK** 15 MINS
SERVES 4 (AS A LIGHT MEAL)

- 1 x 190g Woolworths Free From Gluten Pizza Base, baked following packet directions
- 2 Tbsp pizza sauce
- 200g lean lamb steaks, trimmed of fat, diagonally sliced across grain (see Cook's Tip, right)
- ½ tsp olive oil
- 1 tsp Middle Eastern spice mix
- ½ large red capsicum, cut into thin strips
- 1 small carrot, peeled into long ribbons
- 100g button mushrooms, sliced
- 100g chargrilled eggplant, patted dry with paper towel, sliced

40g reduced-fat grated cheese
60g bocconcini, torn
60g mixed salad leaves, to serve

- 1 Preheat oven to 180°C (fan-forced). Spray 1 large round pizza tray with oil. Put pizza base on prepared tray and spread with the pizza sauce.
- 2 Put the lamb, oil and spice mix in a bowl. Toss to combine. Arrange capsicum, carrot, mushroom, eggplant and lamb mixture over the base. Sprinkle with the cheese. Bake for 8 minutes.
- 3 Sprinkle the bocconcini over the pizza and bake for a further 3-4 minutes or until cheese melts and pizza base is slightly crisp.

4 Serve a quarter of the pizza per person with salad leaves on the side.

COOK'S TIP Slicing meat against the grain before cooking produces shorter muscle fibres, and therefore, a more tender result.

Nutrition info

PER SERVE 1460kJ, **protein** 23g, **total fat** 15g (sat. fat 6g), **carbs** 27g, **fibre** 6g, **sodium** 472mg
• **Carb exchanges** 2 • **GI estimate** medium • **Gluten free**

GF

LCO

PER SERVE (lower-carb option) 1240kJ, **protein** 24g, **total fat** 13g (sat. fat 6g), **carbs** 19g, **fibre** 4g, **sodium** 455mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free**



4 **OUT OF** **5**
people who
have coeliac
disease
remain
undiagnosed

GF

BIRCHER MUESLI

START TO FINISH 10 MINS
(+ 1 HOUR CHILLING)
SERVES 4 (AS A BREAKFAST)

- 135g (11/3 cups) Freedom Foods Fruit & Seeds Gluten Free Muesli
- 125ml (½ cup) low-fat milk
- 390g (1½ cups) low-fat vanilla yoghurt
- 2 large peaches, thinly sliced
- 1 Tbsp honey

- 1 Put the muesli, milk and ¾ cup of the yoghurt in a large bowl. Cover with plastic wrap and place in the fridge for 1 hour or until the mixture is thick and creamy.
- 2 Stir the remaining yoghurt into the muesli. Divide between shallow serving bowls.
- 3 Top muesli with sliced peaches and drizzle with honey. Serve.

Nutrition info

PER SERVE 1310kJ, **protein** 10g, **total fat** 7g (sat. fat 3g), **carbs** 49g, **fibre** 4g, **sodium** 89mg
• **Carb exchanges** 3½
• **GI estimate** low • **Gluten free**

GF

PER SERVE (+ 2 Tbsp chia seeds) 1430kJ, **protein** 11g, **total fat** 9g (sat. fat 4g), **carbs** 49g, **fibre** 7g, **sodium** 91mg
• **Carb exchanges** 3½
• **GI estimate** low • **Gluten free**

Cook's Tip

Traditional Bircher muesli is soaked overnight to make it moist and easier to digest. As our muesli is gluten free, it only requires soaking for an hour.

gluten-free

**LOWER-CARB
OPTION**

Use 2 Woolworths Free From Gluten White Wraps as the base, ensure you evenly spread the toppings over each base. Serve half a wrap per person.



Spinach and ricotta
cannelloni

Recipe, page 62

Cook's Tip

If you can't get
gluten-free cannelloni
tubes, you can use
gluten-free lasagne
sheets and cut into
strips, fill and roll up.

gluten-free

Cook's Tip

To prevent the pastry from cracking, roll it out evenly and turn it often. If it does begin to crack, simply roll it back into a ball and start again.

Mixed berry and
almond pastries
Recipe, page 62

gluten-free

GF

SPINACH AND RICOTTA CANNELLONI

PREP 20 MINS **COOK** 35 MINS
SERVES 4 (AS A MAIN)

2 x 250g pkts frozen chopped spinach, thawed, excess moisture squeezed out
300g low-fat fresh ricotta
60g egg, lightly whisked
Freshly ground black pepper, to season
200g Casalare Gluten Free Cannelloni Tubes (see Cook's Tip, page 60)
680ml bottle passata
100g bocconcini, torn
50g mixed salad leaves, to serve
Balsamic glaze, to serve

1 Preheat oven to 180°C (fan-forced). Put the spinach, ricotta, egg and pepper in a large bowl. Stir to combine.

2 Using a teaspoon, fill cannelloni with spinach and ricotta mixture. Pour about 250ml (1 cup) of passata into a large shallow ovenproof dish and spread evenly to cover base.

3 Arrange cannelloni on passata, in a single layer, in prepared dish. Pour over remaining passata. Cover prepared dish with a piece of baking paper, then with foil. Bake for 20 minutes. Remove foil and baking paper. Sprinkle bocconcini over passata. Bake for a further 15 minutes or until just tender.

4 Carefully transfer cannelloni to serving plates. Serve with salad leaves drizzled with balsamic glaze.

Nutrition info

PER SERVE 1640kJ, **protein** 20g, **total fat** 10g (sat. fat 6g), **carbs** 49g, **fibre** 11g, **sodium** 652mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten free**

GF

MIXED BERRY AND ALMOND PASTRIES

PREP 10 MINS **COOK** 15 MINS
SERVES 4 (AS A DESSERT)

1 sheet (108g) frozen Simply Wize Gluten Free Puff Pastry Sheets, thawed
Gluten-free plain flour, for dusting
2 Tbsp almond meal
2 tsp caster sugar
1 eggwhite (from 60g egg), lightly whisked
½ tsp vanilla extract
60g raspberries
60g blueberries
100g small strawberries, sliced or quartered
1 tsp skim milk
1 tsp raw sugar
Pinch of ground cinnamon

1 Preheat oven to 190°C (fan-forced). Line a large oven tray with baking paper. Cut pastry into 4 even pieces.

2 Turn out pastry onto a lightly floured surface and roll each into an 11cm square (see Cook's tip, below).

3 Combine the almond meal, caster sugar, eggwhite and vanilla extract in a small bowl. Divide mixture between pastries and spread evenly, leaving a 2cm edge all around.

4 Combine berries in small bowl. Spoon berries onto each pastry square. Carefully fold corners of pastry over berries. Arrange on prepared tray. Brush pastry with milk and sprinkle over raw sugar and cinnamon. Bake for 15 minutes or until golden brown on both sides.

5 Put 1 pastry on each plate. Serve.

Nutrition info

PER SERVE 614kJ, **protein** 3g, **total fat** 4g (sat. fat 1g), **carbs** 22g, **fibre** 4g, **sodium** 121mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free**

Going gluten-free

Coeliac disease is more common in those with type 1 and can make eating more of a challenge. DL diabetes educator and dietitian Dr Kate Marsh explains.

What is gluten?

Gluten is the protein found in the grains wheat, rye and barley, and possibly oats.

What is coeliac disease?

Eating even small amounts of gluten causes an immune reaction in the small intestine. Left unchecked, this can damage the intestinal wall and reduce its ability to absorb nutrients from food, leading to deficiencies of essential vitamins and minerals.

Some people don't have this immune reaction. However, they still experience a sensitivity to gluten and need to reduce gluten to relieve symptoms such as abdominal pain and bloating.

Is it just a food intolerance?

Some people who seem to have digestive issues with gluten-containing foods may actually have a FODMAP (fermentable sugars) sensitivity rather than gluten intolerance per se. Most gluten-containing grains are also high in FODMAPs. Speak to your health professional.

Which foods can I eat?

Naturally gluten-free grains include rice, quinoa, buckwheat, millet, amaranth and corn. Unfortunately, many of gluten-free foods now available in supermarkets are highly processed and others are high in fat and added sugar. Always read the labels. ■

Our delightful
summery mocktail
carries good vibes

Bottoms up!

GF

GOJI BERRY & RASPBERRY COOLER

START TO FINISH 5 MINS (+ COOLING
AND AT LEAST 2 HOURS INFUSING)

SERVES 4 (AS A DRINK)

40g goji berries

150g frozen raspberries

4cm piece ginger, peeled and
finely grated

850ml boiling water

1½ tsp honey

Crushed ice, to serve

½ cup raspberries, to serve

Mint sprigs, to serve

1 Tip the goji berries, raspberries and ginger into a large heatproof jug. Pour over the boiling water and set aside to cool. Transfer to the fridge to allow the flavours to infuse for at least 2 hours, or overnight (if time permits).

2 Strain the mixture through a sieve into a clean jug, then sweeten with the honey. Fill four glasses with the ice, pour over the drink and garnish with the berries and mint.

Nutrition info

PER SERVE 250kJ, **protein** 2g, **total fat** 0g (sat. fat 0g), **carbs** 12g, **fibre** 1g, **sodium** 62mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** ■

GOJI BERRIES

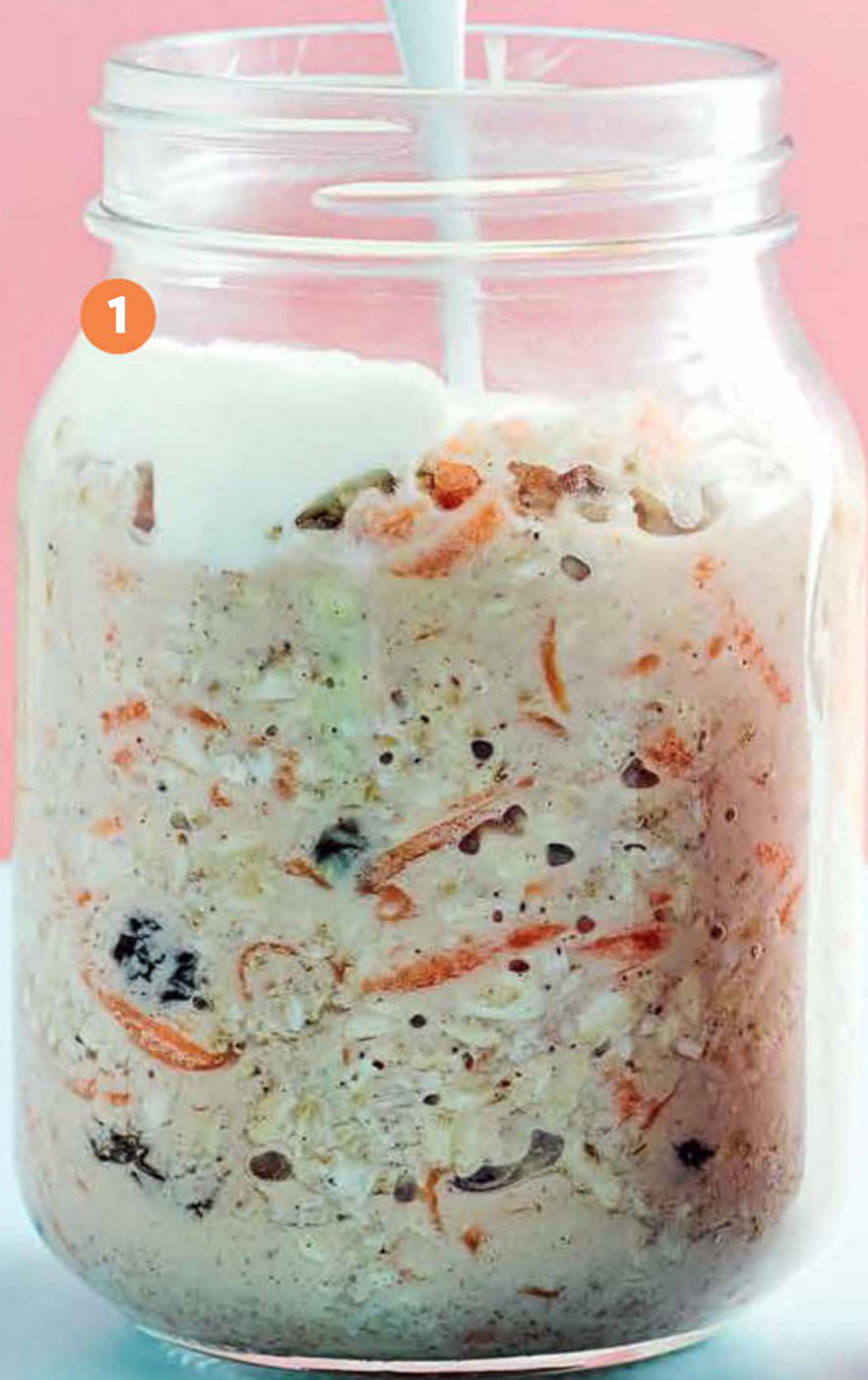
Five reasons to tuck into these tiny-yet-mighty berries:

- good source of protective vitamin C
- supplies valuable iron
- source of zeaxanthin (important for eye health)
- provides gut-friendly fibre
- contains zinc to support healthy skin

3 HEALTHY *ways with* OVERNIGHT OATS

How our
food works
for you
see page 75

Brighten up your mornings with
these quick and easy breakfasts
for one, perfect for taking to work



LC

BASIC OVERNIGHT OATS

START TO FINISH 5 MINS
(+ OVERNIGHT SOAKING)
SERVES 1 (AS A BREAKFAST)

Put 50g **rolled oats** into a small airtight container or jar with a lid. Stir in 150ml **water**. Cover and place in the fridge overnight.

Nutrition info

PER SERVE 745kJ, **protein** 6g, **total fat** 5g (sat. fat 1g), **carbs** 25g, **fibre** 5g, **sodium** 6mg • **Carb exchanges** 1½ • **GI estimate** low
• Lower carb

3

1 CARROT CAKE

START TO FINISH: 10 MINS
(+ OVERNIGHT SOAKING)
SERVES 1 (AS A BREAKFAST)

Mix 40g grated **carrot**, a pinch of **mixed spice** and ¼ tsp **ground cinnamon** with the oats and water. The next day, stir in 1 tsp **honey** and 1 tsp **sultanas**. Top with 1 Tbsp **reduced-fat Greek-style natural yoghurt**.

Nutrition info

PER SERVE 1030kJ, **protein** 8g, **total fat** 5g (sat. fat 1g), **carbs** 38g, **fibre** 7g, **sodium** 50mg • **Carb exchanges** 2½ • **GI estimate** low

2 PB&J

START TO FINISH 5 MINS
(+ OVERNIGHT SOAKING)
SERVES 1 (AS A BREAKFAST)

Stir 80g **frozen raspberries** into your oats and water. The next day, mix in 1 tsp **sugar-free maple syrup**. Top the oats with 1 Tbsp **no-added-salt-and-sugar peanut butter**.

Nutrition info

PER SERVE 1570kJ, **protein** 13g, **total fat** 18g (sat. fat 3g), **carbs** 33g, **fibre** 11g, **sodium** 10mg
• **Carb exchanges** 2
• **GI estimate** low

3 TROPICAL

START TO FINISH 10 MINS
(+ OVERNIGHT SOAKING)
SERVES 1 (AS A BREAKFAST)

After overnight soaking, spoon half the oats into a bowl. Layer with 20g **Siggis coconut yoghurt**, 2 sliced **kiwifruit**, the **pulp of 1 passion fruit** and the remaining oats. Top with ½ tsp **toasted mixed seeds**.

Nutrition info

PER SERVE 1290kJ, **protein** 11g, **total fat** 8g (sat. fat 2g), **carbs** 42g, **fibre** 12g, **sodium** 22mg • **Carb exchanges** 3 • **GI estimate** low ■





How our
food works
for you
see page 75

CHOC DELIGHT

Easter is right around the corner – so it's time to whip up one of these delicious recipes and enjoy a choccie treat

BEETROOT & CHOCOLATE CUPCAKES

PREP 15 MINS (+ COOLING AND STANDING) **COOK** 25 MINS
MAKES 12 (1 CUPCAKE PER SERVE)

2 x 60g eggs
75g (1/3 cup) brown sugar
50g (1/2 cup) hazelnut meal
80g (1/2 cup) wholemeal self-raising flour
2 Tbsp cocoa powder
125g cooked beetroot, coarsely grated
40g dark chocolate, finely grated
160ml (2/3 cup) buttermilk

CHOCOLATE ICING

80g (1/2 cup) icing sugar
1 Tbsp cocoa powder
Approx. 1 Tbsp buttermilk

1 Preheat oven to 170°C (fan-forced). Line a 12-hole 40ml (2 Tbsp) flat-based patty pan tray with paper cases.

2 Whisk the eggs and sugar in a medium bowl until combined. Sift the hazelnut meal, flour and cocoa over the egg mixture. Stir. Gently stir in the beetroot, chocolate and buttermilk.

3 Spoon the mixture evenly between the paper cases. Bake for 25 minutes or until a skewer inserted in centre comes out clean. Transfer to a wire rack to cool.

4 Meanwhile, to make the chocolate icing, sift the icing sugar and cocoa into a bowl. Stir in enough buttermilk to mix to a spreadable icing.

5 Spread the cooled cupcakes with icing. Set aside until set.

Nutrition info

PER SERVE 666kJ, **protein** 5g, **total fat** 6g (sat. fat 2g), **carbs** 21g, **fibre** 2g, **sodium** 87mg
• **Carb exchanges** 1½
• **GI estimate** medium

Cook's Tips

- Cooked beetroot is available in packets from the refrigerated produce section in most supermarkets.
- Cupcakes are best made on the day of serving. Freeze un-iced cupcakes for up to 3 months. Ice before serving.



Chocolate &
cherry clafouti
Recipe, page 70

Cook's Tip

Use pitted fresh
cherries instead
of frozen cherries,
if they are in
season.

Jaffa self-saucing
pudding
Recipe, page 70





Our self-saucing pudding and clafouti are guaranteed to put a smile on any face

LC

CHOCOLATE & CHERRY CLAFOUTI

PREP 10 MINS (+ 30 MINS RESTING)

COOK 15 MINS

SERVES 4 (AS A DESSERT)

185ml (¾ cup) skim milk

60ml (¼ cup) water

2 x 60g eggs

1 egg white (from 60g eggs)

1 tsp vanilla bean paste

2 tsp liquid stevia with agave

75g (½ cup) white spelt flour

1 tsp baking powder

1 Tbsp cocoa powder, plus extra for dusting

135g (¾ cup) frozen pitted cherries

90g (1/3 cup) low-fat Greek-style natural yoghurt

1 Place the milk, water, eggs, egg white, vanilla bean paste and stevia in a bowl. Sift together the flour, baking powder and cocoa in a bowl. Whisk into the egg mixture until the batter is smooth. Strain into a jug. Cover and place the batter in the fridge for 30 minutes to rest.

2 Preheat oven to 170°C (fan-forced).

3 Arrange four 125ml (½ cup) ceramic ovenproof flan dishes on an oven tray. Divide cherries evenly among dishes. Bake for 3 minutes or until cherry juices start to run.

4 Carefully spray hot dishes with cooking spray. Pour ½ cup of the batter into each dish. Return immediately to oven and bake for a further 12 minutes or until batter is well risen around edges and just set in the centre.

5 Top each clafoutis with 1 Tbsp yoghurt. Dust lightly with extra cocoa, to serve.

Nutrition info

PER SERVE 441kJ, **protein** 9g, **total fat** 3g (sat. fat 1g), **carbs** 9g, **fibre** 1g, **sodium** 187mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

JAFFA SELF-SAUCING PUDDING

PREP 15 MINS **COOK** 25 MINS

SERVES 6 (AS AN OCCASIONAL DESSERT)

1 large (300g) orange

(see Cook's Tips, page 69)

50g (1/3 cup) self-raising flour

55g (1/3 cup) wholemeal self-raising flour

30g (¼ cup) cocoa powder

55g (¼ cup) brown sugar

80ml (1/3 cup) skim milk

60g egg

250ml (1 cup) boiling water

300g no-added-sugar, low-fat vanilla ice-cream

1 Preheat oven to 140°C (fan-forced). Spray a 1L (4 cup) ovenproof dish with cooking spray.

2 Finely grate the orange as needed to get 1 Tbsp rind. Shred the remaining rind into long strips. Juice orange (you'll need 1 Tbsp juice).

3 Sift the flours and 1½ Tbsp of the cocoa into a large bowl. Add 1½ Tbsp of the sugar. Stir to combine.

4 Whisk the milk, egg, orange juice and finely grated rind in a bowl. Add to the flour mixture. Fold until just combined.

5 Spoon the pudding mixture into the dish. Place the dish on an oven tray. Combine remaining cocoa and sugar in a small bowl. Sprinkle over the pudding. Carefully pour over the boiling water. Bake for 25 minutes or until set.

6 Sprinkle the pudding with shredded orange rind and serve with the ice-cream.

Nutrition info

PER SERVE 863kJ, **protein** 8g, **total fat** 3g (sat. fat 2g), **carbs** 30g, **fibre** 7g, **sodium** 176mg • **Carb exchanges** 2 • **GI estimate** medium

ADDITIONAL WORDS ALISON ROBERTS, SHANNON LAVERY (DIETITIAN); PHOTOGRAPHY LOUISE LISTER, JAMES MOFFAT; STYLING ANNETTE FOREST, KATE BROWN, OLIVIA BLACKMORE, VIVIAN WALSH; PHOTOCHIEF REBECCA CLANCY, AMAL WEBSTER, SARAH JANE HALLETT



Chocolate
mousse shots
Recipe, page 72

desserts

GFO

CHOCOLATE MOUSSE SHOTS

PREP 10 MINS (+ 6 HOURS CHILLING)

COOK 5 MINS

SERVES 4 (AS A DESSERT)

50g dark chocolate, finely
chopped

120g light smooth ricotta,
at room temperature

55g (¼ cup) raw caster sugar

3 tsp cocoa powder or gluten-free
cocoa powder

2 eggwhites (from 60g eggs)

125g fresh or defrosted frozen
raspberries

1 Stir the chocolate in a medium heatproof bowl over a medium saucepan of simmering water (don't let the water touch the base of the bowl) until melted. Remove the bowl from the pan and set aside to cool for 10 minutes.

2 Meanwhile, place the ricotta, sugar and cocoa powder in a bowl. Use hand held electric beaters to beat until smooth. Add the melted chocolate and beat until well combined. Wash and dry the beaters.

3 Use the clean beaters to whisk the eggwhites in a small bowl until soft peaks form. Use a large metal spoon to fold the eggwhite into the chocolate mixture in two batches. Pour the mixture into 4 x 125ml (½ cup) glasses. Cover and put in the fridge for 6 hours or until the mixture is firm.

4 Serve the mousse topped with the raspberries.

Nutrition info

PER SERVE 699kJ, **protein** 5g, **total fat** 5g (sat. fat 3g), **carbs** 25g, **fibre** 2g, **sodium** 78mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option**





Cook's Tip

Turn this into a delicious chocolate pudding by omitting the coffee and replacing it with the same amount of dutch-processed cocoa powder instead.

MOCHA FARRO PUDDING WITH FIGS

PREP 10 MINS (+ COOLING)

COOK 1 HOUR 20 MINS

SERVES 4 (AS AN OCCASIONAL DESSERT)

50g (¼ cup) roasted farro

625ml (2½ cups) water

2 tsp instant coffee granules
(see Cook's Tip)

1 cinnamon stick

1 tsp pure vanilla extract

40g dark chocolate (70% cocoa),
finely chopped

1 tsp honey

1 egg yolk (from 60g egg)

80ml (⅓ cup) low-fat milk

200g (4 small) figs, sliced

90g (⅓ cup) low-fat Greek-style
natural yoghurt

1 Place farro and 375ml (1½ cups) of the water in a small heavy-based saucepan. Bring to the boil over high heat. Reduce heat to low. Cook, covered, for 30 minutes. Drain, if necessary.

2 Return farro to saucepan with the remaining water, coffee, cinnamon and vanilla. Bring to the boil over high heat. Reduce heat to low. Cook, covered, stirring occasionally, for 50 minutes or until the farro is cooked but still slightly firm to the bite. Discard the cinnamon stick.

3 Stir the chocolate and honey through the farro mixture. Whisk egg yolk and milk in a small bowl. Add to the farro and stir through. Cook, stirring, over low heat, for 4 minutes or until the mixture thickens. Remove the pan from the heat. Set aside for 15 minutes to cool.

4 Divide the farro pudding among small bowls. Top with figs and yoghurt to serve.

Nutrition info

PER SERVE 733kJ, **protein** 7g,
total fat 7g (sat. fat 3g), **carbs** 22g,
fibre 3g, **sodium** 58mg • **Carb**
exchanges 1½ • **GI estimate** low

desserts

GFO

CHOC SEMI-FREDDO

START TO FINISH 10 MINS
(+ FREEZING)

SERVES 2 (AS AN OCCASIONAL
DESSERT)

1 Tbsp cocoa powder
40g (¼ cup) icing sugar
or gluten-free icing sugar
60g egg, separated
70g (¼ cup) low-fat ricotta
100g mixed berries

1 Spray one 185ml (¾ cup)
hole of a mini loaf pan tray
with cooking spray. Line base
and two long sides with baking
paper, extending paper 2cm
above the edges.

2 Whisk cocoa powder and icing
sugar in a small bowl. Add egg yolk
and ricotta; whisk until smooth.

3 Use a hand held beater to beat
the egg white in a small bowl until
soft peaks form. Fold through the
chocolate mixture in two batches.
Spoon into the lined pan hole.
Freeze for 4 hours or overnight.

4 Remove the pan from freezer
10 minutes before serving. Cut in
half and serve topped with berries.

Nutrition info

PER SERVE 691kJ, **protein** 7g,
total fat 4g (sat. fat 2g), **carbs** 24g,
fibre 2g, **sodium** 89mg • **Carb**
exchanges 1½ • **GI estimate**
medium • **Gluten-free option** ■



Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Turkey & feta
stuffed capsicums
Recipe, page 45

GF LC

Nutrition info

PER SERVE 1920kJ, **protein** 44g, **total fat** 19g (sat. fat 5g), **carbs** 21g, **fibre** 10g, **sodium** 426mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ
Protein 80g
Total fat 70g
Saturated fat 24g
Carbs 270g
Fibre 30g
Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ
Protein 65g
Total fat 45g
Saturated fat 15g
Carbs 180g
Fibre 30g
Sodium Less than 2000mg



Cook, eat, enjoy

Discover our supermarket favourite, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

Kitchen Tips

Lower carb alternatives

There are many ways to convert some of your favourite meals to lower carb. Try simply:

- Replacing your side of rice with cauliflower rice (you can make your own or buy either fresh in the fruit and vegie section of your supermarket or in the freezer section).
- Swap out pasta for a vegie alternative such as zucchini or carrot spirals (you can use a piece of equipment

called a spiraliser to do this or you can buy it already done for you in the fruit and vegie section of the supermarket).

- Switch regular bread to a lower carb variety or wrap.
- Trade sweet potato for pumpkin.

From this issue, we have also introduced a lower-carb option to our recipes, where applicable. For more information see our how food works page on 75.



“Eat better,
not less”

SUPERMARKET CRUSH

Next time you are cruising the supermarket isle, grab yourself a jar of 99th Monkey Nut Butters. They are sooo good!! Plus they are gluten-free and a great source of healthy fats! The range includes peanut butter and a range of almond butters.

Our favourite is the hazelnut and the almond cacao butter, it is so delicious spread over toasted sourdough with a few sliced strawberries on top!

Available from Coles and online (99thmonkey.com.au), from \$7.



SECOND SNACK

Combine 3 **dried apricot halves**, roughly chopped, 1 Tbsp **walnut halves**, 2 tsp **flaked coconut** and 1 Tbsp **dried cranberries**. Toss together and munch on as a snack. Serves 1.

GF

PER SERVE 634kJ, **protein** 2g, **total fat** 10g (sat. fat 3g), **carbs** 12g, **fibre** 2g, **sodium** 3mg
• **Carb exchanges** 1
• **GI estimate** low
• **Gluten free**

BREAKFAST IDEAS

BLUEBERRY AND ALMOND GRANOLA

Combine 130g (½ cup) **low-fat natural muesli** with 12 **skin on almonds**. Top with 1 x 125g punnet **blueberries**. Pour over 80ml (1/3 cup) **almond milk or milk of your choice**. Drizzle with a little honey. Serves 1.

PER SERVE 1620kJ, **protein** 9g, **total fat** 11g (sat. fat 1g), **carbs** 57g, **fibre** 14g, **sodium** 77mg
• **Carb exchanges** 4 • **GI estimate** low



GFO

MANGO AND STRAWBERRY SMOOTHIE

Put 200g halved **strawberries**, 1 sliced drained **canned mango**, 60g **97% fat-free frozen yoghurt or 97% fat-free gluten-free frozen yoghurt**, 185ml (¾ cup) **skim milk** and ¼ cup **ice cubes** in a blender. Process until smooth. Pour smoothie into a large glass and serve. Serves 1.

PER SERVE 901kJ, **protein** 11g, **total fat** 2g (sat. fat 1g), **carbs** 36g, **fibre** 5g, **sodium** 106mg
• **Carb exchanges** 2½ • **GI estimate** low
• **Gluten-free option**



GFO

LC

MUSHROOM AND SPINACH BAGEL

Split or slice 1 **multigrain bagel or gluten free bagel** through the middle. Toast until golden. Saute off 200g sliced **mushrooms** in 1 tsp **olive oil** and 1 crushed **clove garlic** until very soft. Toss in 100g **baby spinach leaves** until wilted. Place one bagel half on each serving plate. Top with the mushroom mixture. Sprinkle 2 tsp **grated parmesan** over each. Sprinkle with **freshly ground black pepper** and serve with a **wedge of lemon**. Serves 2.

PER SERVE 830kJ, **protein** 11g, **total fat** 5g (sat. fat 2g), **carbs** 24g, **fibre** 5g, **sodium** 227mg
• **Carb exchanges** 1½ • **GI estimate** low
• **Gluten-free option** • **Lower carb** ■

SUPERMARKET CRUSH

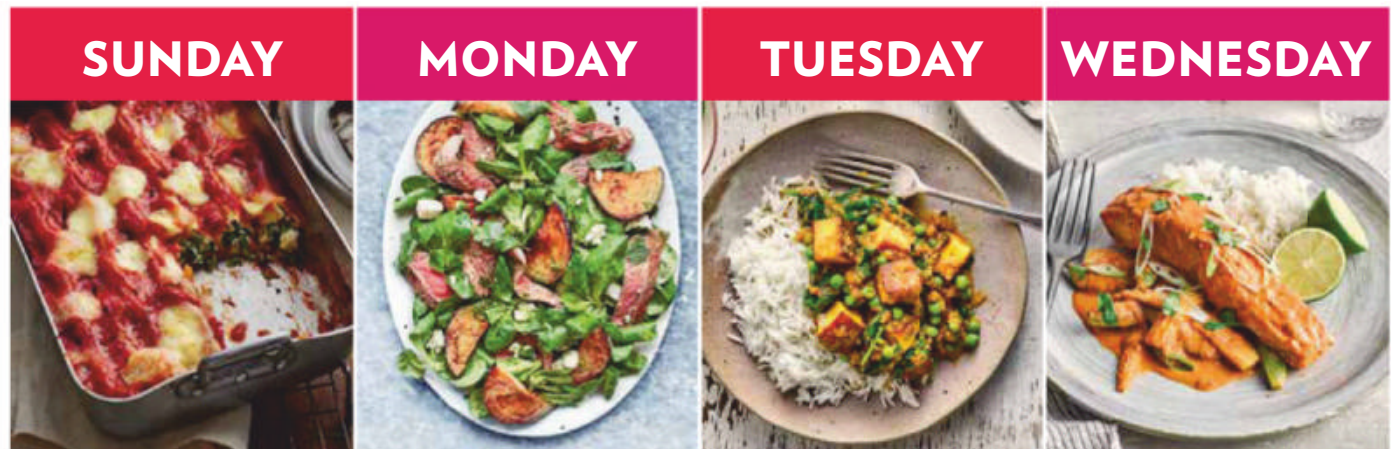
Jackfruit is naturally low in kilojoules, fat and sodium, and is a great source of fibre which will keep you feeling fuller for longer. Amazonia's Tender Jack range (pulled jackfruit) is the perfect meat-free addition to your favourite savoury dishes and cooking with a variety of herbs, spices and sauces. Plus, by adding extra vegies and lean protein, you'll enjoy a delicious, balanced meal.

All four flavours (original, teriyaki, smokey BBQ and curry) are available at most health food stores, IGA, Foodworks, Harris Farm, Ritchies Supermarkets, and online (amazonia.com), \$8.99.



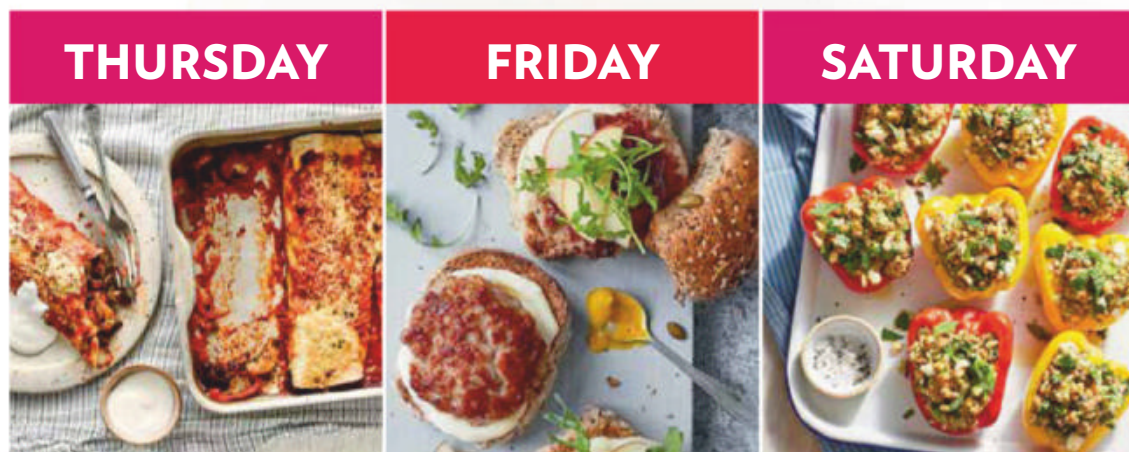
Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H₂O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Tropical overnight oats (page 65)	1 slice rye sourdough topped with 1 Tbsp no-added-salt-and-sugar peanut butter & a small sliced banana	PB&J overnight oats (page 65)	Carrot cake overnight oats (page 65)
Optional snack	1 cup fresh fruit salad	200g tub diet yoghurt	1 cup fresh fruit salad	2 fresh dates
Lunch	Grilled vegetable antipasti (page 56)	1 wholegrain wrap filled with 1½ cups mixed salad & 60g hard boiled egg	Roast chargrilled vegetable & quinoa salad (page 34)	Roasted pumpkin and chickpea salad (page 35)
Optional snack	Peanut butter chocolate apple dippers (page 47)	1 orange	1 cup skim milk with 1 tsp milo	30g unsalted nuts
Dinner	Spinach & ricotta cannelloni (page 62) <i>Pictured above</i>	Steak & eggplant salad (page 18) <i>Pictured above</i>	Indian paneer & vegetable curry (page 18) <i>Pictured above</i>	Thai salmon parcels (page 19) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	4 canned apricot halves with ½ cup low fat custard	1 cup fresh fruit salad	Mixed berry and almond pastries (page 63)	1 cup chopped strawberries & 1 cup skim milk
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

it's easy!



depending on your exercise levels.

Mango and strawberry smoothie (page 77)	Bircher muesli (page 59)	Mushroom & spinach bagel (page 77)
60 second snack (page 77)	½ fruit English muffin, toasted & spread with 1 tsp light margarine	1 banana & ½ cup diet yoghurt
Soy linseed toasted sandwich with sliced tomato, 20g reduced fat cheddar & ¼ avocado	Riced cauliflower tabbouleh	Lamb & vegetable pizza (page 59)
1 large peach	Small skim decaf latte & 1 fresh date	2 Vita-Weats each topped with 20g reduced fat cheddar
Chicken enchiladas (page 20) Pictured above	Pork & apple burgers (page 21) Pictured above	Turkey & feta stuffed capsicums (page 45) Pictured above

have a couple of alcohol-free days a week.

1 Mini Bulla Frozen Yoghurt	200g tub diet yoghurt & 125g punnet blueberries	1 cup frozen grapes
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Always discuss your exercise plans with your doctor first.

GLUTEN-FREE FIBRE FOODS

Fibre is an essential component of a healthy diet. It supports a healthy bowel and digestive system and has the added benefits of reducing the risk of many chronic diseases such as heart disease and type 2 diabetes.

Typically, fibre is found in wholegrain breads and cereals and other plant-based foods. If you are required to follow a gluten-free diet, it can be challenging to eat the recommended 30g of fibre every day, but it is not impossible if you have a good understanding of healthy gluten-free sources of fibre.

Fruit

The best way to include fruit in your daily diet is by eating it whole (avoid juices) and where possible, keep the skin intact. Aim for 2 serves per day.

Vegetables

Like fruit, vegetables are best eaten with their skins/peels intact. Aim for 5 serves per day.

Mixed nuts

Nuts are a great gluten-free snack between meals or use as a crunchy topping for salads or incorporated into stir-fries.

Legumes

Chickpeas, lentils, red kidney beans and other legumes are an excellent source of fibre. Add them to soups, casseroles and salads. In addition, baked beans are a great inclusion to a hot breakfast.

Psyllium husk, chia seeds and flaxseed

These seeds can be added to your baking recipes (e.g muffins, cakes) and can sometimes be used as an egg alternative. You can also add them to smoothies or sprinkle on top of cereal or yoghurt. ■

Your life. Your choice.

Getting to know and understand your options for insulin pump therapy



With an increasing number of insulin pumps now available in Australia, people living with diabetes have never had more options to choose from. So how can individuals ensure they are exposed to the full range of choice?



Matt Beattie has been living with Type 1 diabetes for 40 years and has used pump therapy for 20 years. When his last pump warranty expired, he trialled three different insulin pumps before choosing the mylife YpsoPump. 'I really wanted to make an informed choice based on my own personal experience, so

I approached the three major brands in Australia and asked if I could demo their devices.'

Matt believes pump selection is a very personal journey that an individual must invest time and energy in to make sure they get the right product and level of care that's right for them. 'Over the last 20 years I've learned that one really does have to get out there and do your research. Have a look at the marketplace – see what's available. Go out and ask questions. Look at and try the different technologies on offer. There's lots of advanced technology in insulin pumps these days and while they all do the same thing (deliver insulin), how you go about operating each pump can differ quite remarkably between brands.'



... the choice of technology is very personal. You really need to know how a pump is going to fit with your lifestyle ...



Matt worked very closely with his diabetes educator while trialling the different pumps. 'She was very supportive and provided clinical training before each trial. She really encouraged me to analyse the different pumps within the context of what matters most to me. In that respect, the choice of technology is very personal. You really need to know how a pump is going to fit with your lifestyle because if a pump is difficult to use or very disruptive to the way you live, it just adds unnecessary stress and complication to your life – and none of us need more of that!'

Things to consider when choosing a pump

- How important is size? How small and discreet do you want the device to be?
- Have you seen the reservoir change process? How easy or difficult is this given you need to do this every 2–3 days?
- Is the insulin you use compatible with the pump?
- Do you require a pump that is fully waterproof?
- Do you desire a pump that links with a blood glucose meter (BGM) or continuous glucose monitor (CGM) or both?
- Would you like the option to be able to operate the pump remotely or via a smart device?
- Can you use your preferred infusion sets? How much flexibility and choice would you like?
- Do you want a pump that is easy to update with all upgrades at no cost for the life of the pump?
- How small do you want the bolus/basal increments to be?

For more information about the mylife™ YpsoPump®

Visit www.mylife-diabetescare.com.au or call 1800 447 042 (Free Call).

Your healthcare professional will advise you whether mylife™ YpsoPump® is suitable for you.

living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

***Take care of
your body, it's
the only place
you have to live.***

– Jim Rohn, American
entrepreneur

GET PUMPED

It can be tough keeping up with diabetes technology, so we asked blogger David Burren of Bionic Wookiee to explain what's currently available

For new pumps to be available in Australia, the first hurdle they need to clear is registration with the Therapeutic Goods Administration (TGA), after which doctors and suppliers are legally allowed to talk about them. The next hurdle is getting the pumps on the government's Prostheses List, so they're eligible for supply by health insurance.

Most people don't want to pay outright for their pump and rely on health insurance. The insurers don't care which pump it is, as long as it's on the list. The Prostheses List is updated several times a year on a regular cycle. There are changes to this list every year, but at the time of writing, there are six pumps that can be purchased new through private health insurance:

- Accu-Chek Combo
- Accu-Chek Solo
- Tandem t:slim X2 (although sales are currently on hold)
- mylife Ypsopump
- Medtronic MiniMed 670G and MiniMed 770G

Once you have a pump, you will need to pay for the consumables. NDSS subsidises the reservoirs and infusion sets for all the above pumps (as long as you're registered

as a pump user), which is a huge cost saving.

We see people talking about pumps available in other markets (such as the US), but we do have a reasonable selection here. Note that some pumps used overseas do not fit this model. For example, in the case of the OmniPod, there's essentially no 'pump' for the insurer to buy for you; all the cost is in the consumables – a new pump every three days. This may be the main reason that the OmniPod is not available in Australia.

A note about 'closed-loop' systems, which use your CGM data to dynamically adjust your pump's delivery of insulin. These are not the mythical complete 'artificial pancreas' replacement, but they do add a lot of automation to help you manage your diabetes. Several pumps in this article integrate commercial closed-loop systems, and some others are supported by unofficial DIY systems.





Pumps available new in Australia

There are a variety of models with different features. This table is a start, but the differences go much deeper.

Pump	Min bolus	Basal increment	Reservoir size	Waterproof when new	Battery	CGM controller
Accu-Chek Combo	0.1U	0.01U	315U	yes	AA	phone
Accu-Chek Solo	0.2U	0.01U	200U	no	supplied	phone
Tandem t:slim	0.1U	0.001U	300U	mostly	recharge	pump + phone
YpsoPump	0.1U	0.01U	160U	yes	AAA	phone
Medtronic 670G/770G	0.1U	0.025U	180/300U	yes	AA	pump



Accu-Chek Combo

This pump is a relatively old design, but it has proven a reliable performer over the years. The system comprises a pump along with a BG meter, which is used as a remote control so the pump doesn't have to be taken out of your pocket with normal use.

The pump can be used with any of the Roche/Accu-Chek infusion sets, along with the Cleo 90, the Orbit sets, and several of the Medtronic sets.

The Combo can also be integrated into the unofficial AndroidAPS software to form a closed-loop system.

Accu-Chek Solo

This tubeless patch pump has multiple components, starting with a cannula patch onto which the pump clips, as well as a phone-sized handset.

The cannula has two length options. There's a disposable 200U reservoir, which also includes the battery that powers the body of the pump. The pump body nominally lasts four months. The handset has an integrated Aviva BG meter (although you can enter corrections using a BG value you've retrieved from another meter or CGM).

The Solo pump is not waterproof; you are expected to remove it (leaving the cannula patch in place) for swimming and showers. Primarily, this is because the battery has to use 'zinc-air' chemistry to get enough capacity, and without access to air, the battery stops working. There's a small vent on the outside of the pump, which, if covered with tape, would kill the pump.

Because the pump body lasts for four months, you receive three bodies each year. Plus, if it's your first year, you receive the handset.



Tandem t:slim X2

The t:slim is a small pump with a touchscreen interface. The aluminium case is very robust and gives it some heft in your hand. The internal battery is recharged by USB (typically topped up at least every few days).

The dosing is fairly precise; however, the minimum basal rate is 0.100 U/hr (or 0). This can cause issues for some paediatric use, as this minimum also applies to temporary basal rates. Even if your basal rate is 0.6 U/hr, that minimum 0.1 still applies to any temporary basal, and the lowest TBR you'd be able to apply would be 17 per cent. If your basal rate were 0.3 U/hr, you'd only be able to drop to 34 per cent.

The Tandem reservoirs are compatible only with the Tandem infusion sets. The older reservoirs that could be used with other sets are discontinued.

The t:slim is compatible with NovoRapid and Humalog insulins. It is incompatible with Fiasp or Apidra (catastrophically so in the case of Apidra).

The t:slim X2's IP67 rating allows for short-term immersion in water up to a metre deep for this watertight unit.

A touted feature of this pump is the ability to update its firmware at home via USB without having to have the whole pump replaced/serviced, and this has already been used to add features to the pump at no direct cost during its four-year warranty period. Yes, 'free' upgrades (although there may be costs involved in getting doctors to sign off on them). The initial version of the pump acted as a Dexcom G5 CGM receiver, with



later versions changing to G6.

In November 2020, the t:slim TGA's registration was suspended, meaning that new sales of the pump are currently prohibited by law. Support and upgrades for existing pumps are not affected. The suspension seems to be related to a problem in the pump's original firmware, which has not yet been corrected by Tandem. It causes some situations where the battery discharges sooner than expected. Users need to be careful of situations like the battery going flat until they update their pump software to the newest version that solves this issue. For more information visit www.tga.gov.au/alert/tandem-tslim-x2-insulin-pump.

After the Dexcom G6 CGM became available in Australia in June 2020, the supplier, AMSL, was able to introduce the Basal-IQ firmware update. This enables support for the G6 (but removes support for the G5). Incidentally, it might only be the G5 version that has the battery bug mentioned previously.

Basal-IQ has a low-glucose

suspend function that suspends and resumes basal insulin as required to keep your BG above 4.4 mmol/L. It was released to US users in August 2018 and has generated a lot of positive feedback. It's much finer grained than the cruder suspend function used in Medtronic's 640G pump.

The NDSS CGM subsidy scheme does not yet cover the G6 CGM, so people relying on this can't upgrade their pumps to Basal-IQ, as they would lose access to their G5 CGM.

In November 2020, the TGA did approve Tandem's subsequent Control-IQ firmware update, their closed-loop pump control system engineered by TypeZero Technologies and released in the US at the end of 2019.

Control-IQ implements a complete closed-loop system within the pump (which again, is currently dependent on using Dexcom G6).

AMSL should be in a position to supply this update early in 2021, and G6 may be added to NDSS at the same time.

technology update

YpsoPump

This tiny unit is linked to the MyLife app on your phone via Bluetooth. Currently, the app has a one-way connection: the pump's touchscreen is used to issue boluses. Most of the rest of the management and connection is from the phone (including carb/bolus calculations).

In 2021, we expect to see integration of Dexcom G6 CGM into the MyLife app (MyLife Assist) and a pump update that supports bolusing directly from the app (MyLife Dose). A further update will have the pump controlled from a closed-loop phone app. This may end up using a TypeZero algorithm.

The pump uses Orbit infusion sets (with steel and Teflon options), and the YpsoPump Inset (identical to the Medtronic Mio and Tandem AutoSoft 90).

While the reservoir is smaller than in some other pumps, the reservoirs are quick and easy to swap, so this is unlikely to be a problem for many. The reservoirs are glass and, as such, are approved for longer insulin storage (prefilled up to four weeks in the fridge).



Medtronic 670G

This was Medtronic's first closed-loop system, it acts as the receiver for the Guardian3 Link CGM, which is essential for its functionality.

The pump is supplied with a linked BG meter. The meter, pump and CGM sensors all communicate via a proprietary radio protocol (not Bluetooth).

The reservoir in the 670G holds up to 300U of insulin (but can also use the older 180U reservoir).

The Guardian3 CGM sensors last for seven days and require calibration every 12 hours.

With its CGM, the 670G is able to have the same SmartGuard function as the 640G, as well as having 'auto mode', its closed-loop system. This is a first-generation looping system and lacks many of the configuration options and features of the open-protocol loop systems (such as customising the target BG level), although it is approved by the regulators and available without needing to be assembled. It is not compatible with external closed-loop systems.

Like all loop systems, the 670G needs 'care and feeding': don't assume it's going to be a magic pill that will fix everything for you automatically.

Medtronic 770G

The 770G is Medtronic's latest pump. The looping algorithm is the same as the 670G, but it will be software-upgradeable to the enhanced algorithms of the 780G pump, which is still being used in clinical trials.

The 770G does have a few extra features, such as:

- Bluetooth integrated into the pump to link it to your smartphone (with the CareLink app uploading to the Cloud). You no longer have to choose between having the CGM connected to the phone or to the pump.
- The CGM uses the same Guardian Sensor 3, but the new transmitter uses Bluetooth.
- The pump supports Accu-Chek Guide Link BG meters (instead of the Contour Next Link 2.4 used with 6xxG pumps), connected via Bluetooth. But this function won't be available until later this year.

Note that while the 770G promises to be upgradeable, there's no word yet on when the next (780G) pump will be available in Australia, which is when we would expect upgrades for the 770G. Also, there are conflicting reports from Medtronic as to whether the upgrades will be free or not, unlike with the Tandem pump. ■



EAT MORE, WEIGH LESS

Feeling shackled by portion control? Our tips to feel fuller for longer could set you free!



weight loss

One of the hardest things about losing weight is feeling hungry. When you're hungry, it's hard not to overeat and is more difficult to resist temptation! Yet to lose weight you need to take in less energy which means cutting down on what you're eating now. DL dietitian Dr Kate Marsh explains how you can gain control over your appetite and still lose weight *without* going hungry.

● Reduce energy density

Energy density is the measure of kilojoules in a given volume of food. Foods with a low energy density provide a larger volume of food for the same amount of energy as a food with a high energy density. For the same number of kilojoules as a 50g packet of potato chips you could eat a large fruit salad comprising 1 medium apple, 1 small banana, 1 medium kiwifruit, ½ cup blueberries and 1 cup strawberries, or a large bowl of steamed vegetables including 1 medium corn cob, 1 medium carrot, 1 cup broccoli, ½ cup peas and ½ medium red capsicum. Which do you think will fill you up the most?

● **Go for low GI** Studies have shown that carbohydrate foods with a low glycemic index (GI) produce greater satiety and can reduce the amount eaten at a subsequent meal. Low-GI carbs are more slowly digested and absorbed. They include traditional rolled oats, wholegrain breads and pasta, legumes, corn, wholegrains such as barley, quinoa and buckwheat, and many fruits.

● **Fill up on fibre** Fibre is known to increase satiety and is found in plant foods such as fruit, legumes, vegetables and wholegrains. Observational studies have found an inverse association between fibre intake and weight gain: the more fibre you eat, the less weight you gain over time.

● **Eat slowly** Research has shown it takes at least 10 minutes after you start eating for your brain to get a signal to say it has eaten. Try eating at the table instead of in front of the television or computer, putting your knife and fork down between bites and making sure mealtimes are relaxed. They can all help.

● **Start with soup or salad** Eating a salad before a meal has been shown to reduce the amount you eat at that meal. Low-fat vegetable-based soups and salads offer large portions with few calories. Filling up on these before your main meal means you will feel

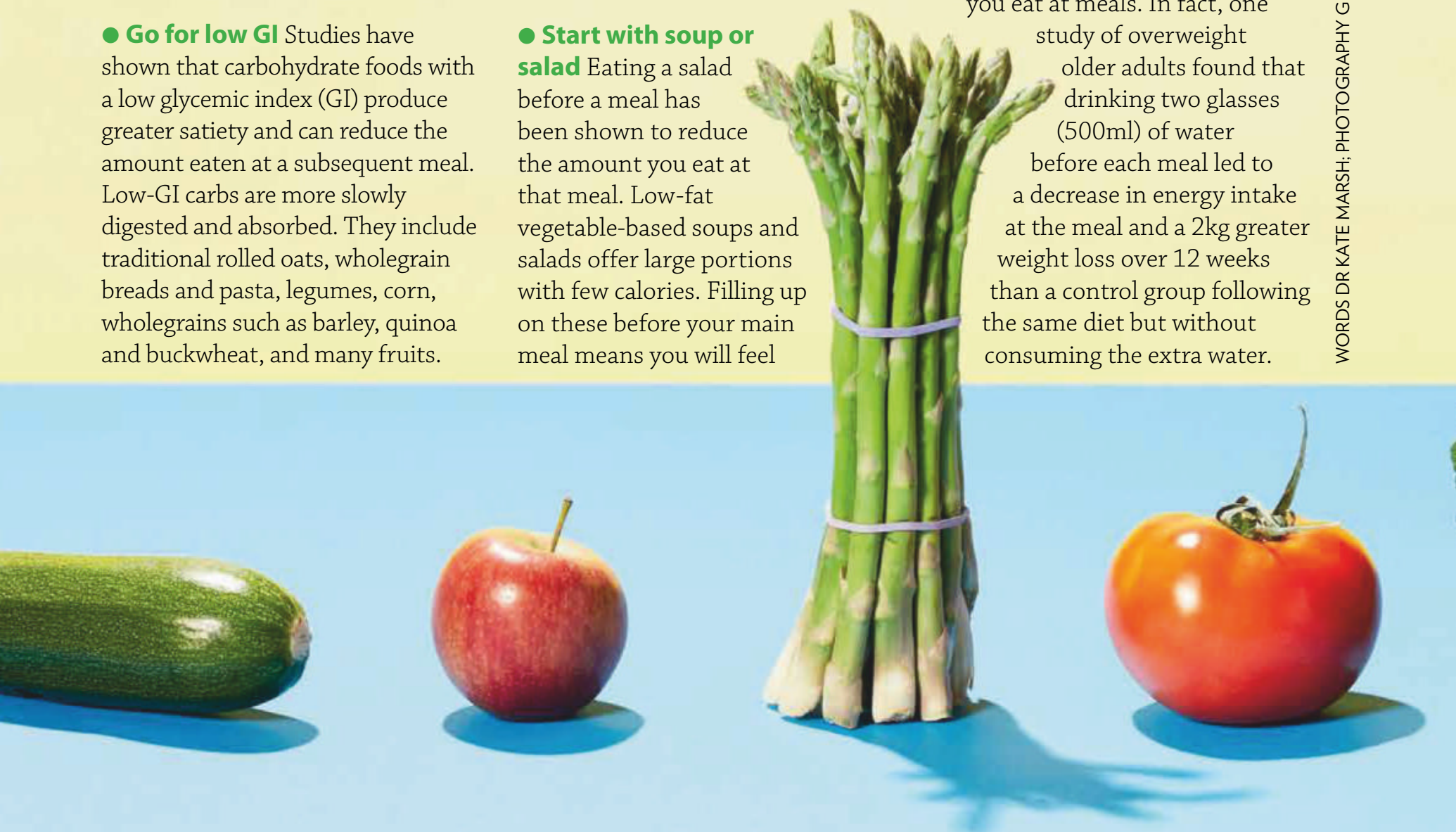
fuller faster and will help you reach your five daily vegetable serves.

● **Watch your portions** Research has shown that, when served larger portions, we will eat them without feeling any fuller or reducing our subsequent food intake. One study found that when subjects were given larger portions of all food and drinks for 11 days, they continued to consume the larger amounts. Try using smaller plates and give yourself time to feel full instead of going back immediately for seconds.

● **Eat your food** Don't drink it! Evidence suggests that consuming liquids generally produces less satiety than solids, so choose salads, fruit salads and steamed vegies over juices and smoothies.

● **Drink plenty of water** Water is kilojoule-free and can help to fill your stomach, reducing the amount you eat at meals. In fact, one study of overweight older adults found that drinking two glasses (500ml) of water before each meal led to a decrease in energy intake at the meal and a 2kg greater weight loss over 12 weeks than a control group following the same diet but without consuming the extra water.

WORDS DR KATE MARSH; PHOTOGRAPHY GETTY IMAGES



TOP FOODS FOR FEELING FULL

When it comes to feeling full, certain ingredients satisfy more than others. Fill up on these and hunger can become a thing of the past.

● **Vegetables** are high in fibre and low in energy density. Along with salads, they are the key to losing weight and still feeling full and satisfied. Ensure at least half of your plate comes from vegetables and salads at mealtimes.

● **Fruit** makes the perfect snack or dessert, satisfying sweet cravings without adding excessive calories. The high fibre and water content of fruit gives it a low energy density, and most fresh fruits also have a low or moderate GI.

● **Legumes** are a great addition to your meals if you want to feel full. High in soluble fibre, a good source of protein and with a low GI, legumes can be added to soups and salads, or substituted for all or some of the meat in casseroles, curries and mince dishes.

● **Wholegrains**, such as grainy breads, oats, barley, cracked wheat and quinoa, are rich in fibre and have a low GI, filling you up for much longer than most processed grain foods. Try a bowl of porridge or overnight oats for breakfast, tabbouleh salad at lunch or a barley risotto for dinner.

● **Nuts** have been shown to have a high satiety value. This might explain why, despite their high fat and energy content, eating nuts doesn't lead to the weight gain one might expect, and that regular nut consumption might help with weight management.

● **Fish** appears to be the winner in the protein stakes. Protein has been shown to help with satiety, with a number of studies showing fish to be more satisfying than other animal proteins. So, if you are not vegetarian, include a few fish meals (either fresh or canned) each week. ■



YOUR FEEL-FULL MENU PLAN

BREAKFAST

Porridge with stewed apple, cinnamon and low-fat milk or soy milk

OR

Wholegrain toast with poached egg, grilled tomato, spinach and mushrooms

MORNING SNACK

Hummus dip with raw carrot and celery

OR

Apple and a handful of raw almonds

LUNCH

Large salad with tuna and cannellini beans, and a wholegrain bread roll

OR

Bowl of lentil and vegetable soup with a slice of wholegrain toast

OR

Wholegrain wrap with falafel, hummus and tabbouleh

AFTERNOON SNACK

Berries with low-fat natural yoghurt

OR

Hummus dip with carrot and celery sticks

DINNER

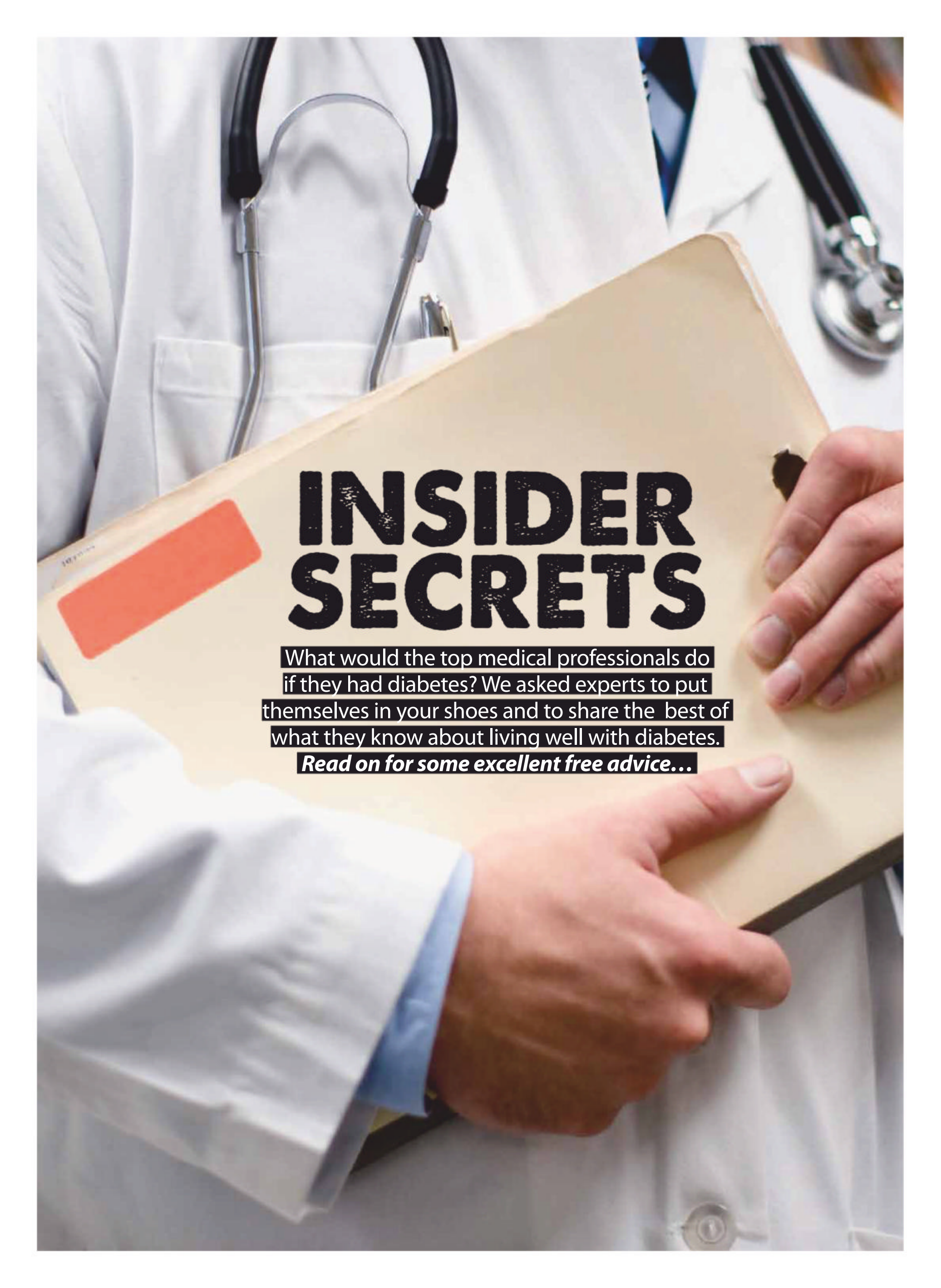
Chicken and barley risotto with garden salad

OR

Chickpea and vegetable curry served with brown rice

OR

Grilled salmon fillet with quinoa and stir-fried vegetables



INSIDER SECRETS

What would the top medical professionals do if they had diabetes? We asked experts to put themselves in your shoes and to share the best of what they know about living well with diabetes.

Read on for some excellent free advice...

THE ENDOCRINOLOGIST

Dr Sultan Linjawi is a leading endocrinologist and diabetes specialist. From his diabetes clinics in Queensland, he heads a team that is dedicated to improving the lives of people with diabetes. Add him as a friend on Facebook for diabetes updates or visit myhealthexplained.com.



TOP TIP

I'D TAKE A PILL CALLED METFORMIN.

Metformin (aka Diabex, Diaformin) reduces the amount of insulin your body has to make to deal with the sugars you consume. It would help take the pressure off my pancreas. As a person with diabetes, I'd have an increased risk of cancer and research indicates that Metformin may be associated with a reduced cancer risk.

If I were diagnosed with diabetes... I'd want to know if I can get rid of it!

It depends if I have type 1 or type 2. Type 1 is not reversible yet, but with modern insulins and learning to watch my food and insulin doses effectively, I know I can reduce the risks until a cure becomes available.

With type 2, the longer you have it, the harder it becomes to control. However, when you're first diagnosed and are still producing insulin, you can work towards combating it. Typically, a 12 per cent reduction in weight will do it. Look at it this way: I've been diagnosed and my pancreas is still producing, say, 100 units of insulin. But, because I'm overweight, that's not enough to deal with the amount of sugar in my blood. If I lose 12 per cent of my body weight, that amount of insulin will be plenty.

Losing that weight relieves the pressure on the pancreas. If I don't ease that pressure, my pancreas will wear out, gradually producing less and less insulin.

I'd work out which foods raise my blood sugars and act on it.

We generally eat all the foods we like over a six-week period, so I'd test my blood glucose one-and-a-half to two hours after each meal, and record the results. If my BGLs went up after eating muesli, for example, I'd know I need to eat a smaller bowl of muesli, or none at all. Having diabetes isn't what

causes health complications, it's uncontrolled blood glucose levels. I'd work out what – and how much – I can eat of different foods to keep my blood glucose in a healthy range.

I'd find healthcare professionals who would be able to make a difference to my condition.

If I were referred to a dietitian and what they recommended didn't help me lose weight or control my blood glucose levels, I'd see someone else. Your BGLs can be controlled, and if your health professional isn't helping you achieve that, find an expert who can help you. If I can maintain normal levels, I'm more likely to maintain a normal life.

I would maintain lower-than-normal cholesterol levels and blood pressure.

Complications from diabetes can also arise from high cholesterol and blood pressure, so I need to maintain lower levels of these risk factors. I'd control my cholesterol through medication and food choices, my blood pressure with medication and/or exercise, and I'd try meditation – whatever works consistently. I'd buy a blood pressure monitor so I could watch my blood pressure at different times of the day to see what makes it go up and down. Research has shown that if you control blood glucose, blood pressure and blood cholesterol, you may be able to reduce complications by 60 per cent.





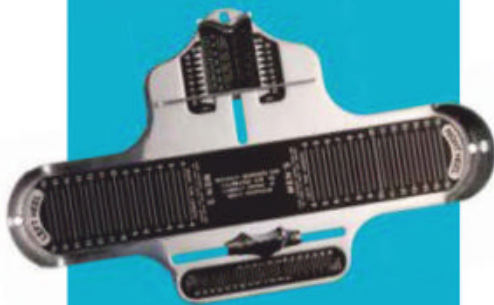
THE PODIATRIST

FIONA YOUNG has worked extensively in the UK and, since 2009, at the Peninsula Foot Clinic in Victoria. She's dedicated to improving the foot health of her patients and has a special interest in supporting people with diabetes to lead active lives.



THE GP

DR ROBERT GRENFELL initially trained as a rural GP and is now the Health Director of the Health and Biosecurity Business Unit for CSIRO. He has also been the National Director for National Heart Foundation of Australia and BUPA Australia & New Zealand.



I'D GET WELL-FITTING SHOES.

All I'd need is to be fitted for two or three suitable pairs – for work, for going out, and for walking and standing. It's important to be fitted for extra width, too, not just buy a bigger size of shoe, which can rub and cause calluses. Having a few pairs of shoes – so I'm not wearing the same pair every day – gives them a chance to dry out, and that reduces fungal infections.

I would concentrate on boosting my circulation.

Walking is the perfect activity for this, because it gets your calf muscles pumping blood through your lower legs and feet. For variety, cycling is also good. Of course, I'd need a really good pair of well-fitting runners or walking shoes. Also, I'd get seamless socks so they don't rub and wouldn't restrict my circulation, because that would defeat the purpose of exercising. I'd throw out any socks that left an indentation in my ankle after wearing them.

I'd make friends with my feet.

I would treat my feet to a massage once or twice a month – not only because it feels good, but it also stimulates circulation. I'd see a podiatrist immediately if problems arose, but I'd also book in check-ups every three months because I'd want to deal with things – such as fungal nail, thickening nails, ingrown toenails and calluses – right away, before they caused infection. We now treat fungal nail with laser treatments, which have more than double the success rate of topical fungal treatments.



I'd ditch my car.

People who use public transport get more than adequate physical activity. Our research at the Heart Foundation shows that people who drive to work get 5-8 minutes of physical activity a day and those who catch public transport have – on average – 45 minutes of physical activity daily. If it's not practical for me to ditch my car completely, I would park at least a 15-minute walk away from my workplace.

I'd be alert for chest pain.

People with diabetes don't get the usual warning signs of a heart attack, as damage to the nerve pathways, caused by high glucose levels, seems to block them. Typically, the first sign they get is an actual heart attack, and sometimes it results in sudden death. This remains a significant challenge for GPs, because our screening tests are not perfect at identifying heart disease. Being vigilant to changes in my body would be the best chance I have of noticing an imminent heart attack, as well as getting help in time.



I'd recruit my family to my diabetes-management team.

My most successful patients with diabetes involve their families in their care. Families are unrelenting because they want you to stay alive. I'd tell them which medications I'm taking, as well as my exercise and healthy eating goals. I'd also owe it to my family to get them to adopt healthy changes with me, to help reduce their risk of developing diabetes.

Cycling is great exercise and boosts circulation




TOP TIP

I'D REDUCE MY FOOD INTAKE.
Australians generally eat too much and include lots of energy-dense foods. To maintain a healthy weight and reduce the demands on my pancreas to produce insulin, I would reduce my portion sizes and try to eat only when I'm hungry.



THE EXERCISE PHYSIOLOGIST

JOHN FELTON is the director of The Exercise Clinic in Sydney. There, John works with his team to integrate exercise therapy into manageable health-boosting programs to assist people with chronic conditions and help them enjoy their lives.

I would go outdoors for 30 minutes each day, regardless of the weather.

Getting outside opens you up to everything the world has to offer, plus it naturally exposes you to vitamin D. I would walk, ride a bike, paddle a canoe or kick a ball – all the activities I enjoy. I would try to do this every day because it would boost my mood and, as I became more confident and picked up the pace, it would improve my cardiovascular health.

I'd make a resistance workout routine.

This involves lifting weights or using my body weight (push-ups, squats, lunges) to make my muscles work hard. If I'd never done weights, I'd join a group or a gym and make it a social event two or three times a week. Doing weights at a high level of intensity might not sound inviting, but it makes you feel great and it improves the ability of your muscles to take up sugar from the bloodstream – a huge benefit in regulating your BGLs. Recent research from the University of Sydney shows people with diabetes who do intensive weight work decrease their body's inflammatory response, which means a reduced risk of complications from diabetes.



TEAMWORK MAKES A DIFFERENCE

It makes looking after yourself much easier if your medical providers – your dietitian, podiatrist, specialist, diabetes educator, and so on – are working as a team and sharing information with each other about how they're approaching your care.

'I would be dealing with the risk factors for developing diabetes and doing something about them'



THE EPIDEMIOLOGIST

Dr Grace Joshy is a senior research fellow at the National Centre for Epidemiology & Population Health, Australian National University, Canberra. She has specialised in researching diabetes and obesity, as well as hospitalisation for chronic disease in Australia.



I wouldn't wait to be diagnosed.

Diagnosis of diabetes is based on blood glucose levels, and there comes a point when you cross a line from having pre-diabetes to having diabetes. But because it's a continuum, by that point I would already have been dealing with a set of risk factors, such as being overweight, having high blood sugar levels, perhaps leading a sedentary life and having high cholesterol, so I wouldn't wait for a formal diagnosis first to do something about them.

I'd quickly change a couple of habits.

Studies show that it's often a set of habits you've developed over years that contributes to the risk of developing type 2. Care for diabetes involves lifestyle changes – things you'll do differently forever. I'd look at what helpful new habits I could adopt: Could I do some of my work standing up, walk to work or walk during my lunchtime? I'd start eating mindfully and I'd make small but permanent changes to how I live, work, shop, travel and eat.

I'd find a care provider that offers integrated diabetes care.

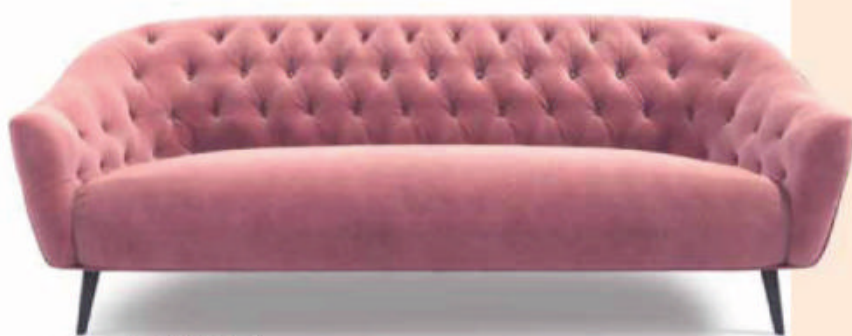
We know from looking at the UK system of integrated diabetes care clinics in regional areas that diabetes is really well managed if people can access many different kinds of the care they need under one roof. This makes looking after yourself much easier. If this service isn't available, I'd look out for medical providers who share information on how they're approaching my care – it helps enormously to have them working as a team. I'd find a diabetes care provider who shares information with my specialists, podiatrist, diabetes educator, dietitian, and so on.

I'd join a support group.

It's important to keep up your motivation to care for yourself, and this is where a support group can help. They're also successful in helping people stay on track with their goals. Joining a group would be one of the first things I do. Visit Diabetes Australia (diabetesaustralia.com.au) or NDSS (ndss.com.au) to find a group near you.

*Walking to
work will
improve
your heart
health, lung
capacity,
stamina and
energy levels*





THE PSYCHOLOGIST

Dr William Polonsky is president of the Behavioral Diabetes Institute, California, and associate clinical professor of psychiatry at the University of California.

I'd schedule in a diabetes holiday time.

The 24-hour, seven-day attention required with diabetes would drive me crazy, so I'd organise regular and safe (but brief) 'holidays'. For example, I might set aside one evening a month to take my wife out for an 'Eating absolutely anything I want' meal. I'd prepare ahead of time, but for those few hours I would let diabetes recede into the background. Or if I were a teen with type 1, I would check my BGLs regularly for six days a week, but ask one of my parents to do it for me on Sundays.

I would prioritise after I have my BGLs tested.

People who are diagnosed with diabetes often think they need to change everything – more exercise, new medications, eating differently – all at once, which is impossible. With my health professional, I'd first find out about my HbA1c result and what that result means. If I learned that I needed to take medication to reach a 'metabolically safe' place, that would be my priority. After that, I would focus on making steady, healthy lifestyle changes (starting with regular exercise). The goal: taking on diabetes one step at a time.

I'd remind myself how far diabetes treatment has come in the past 50 years.

Diabetes today is not the same disease it was during my grandmother's day. Complications are no longer inevitable. So many positive changes have occurred in medical care and we know that people with diabetes can live long and healthy lives (and more and more people are doing so!).



DIABETES IS NOT DUE TO A LACK OF SELF-DISCIPLINE OR LAZINESS.

It's not your fault, but remind yourself that you aren't helpless – you can take positive action to control your diabetes and stay healthy.

For healthy BGLs, choose fibre-rich fresh foods



THE DIETITIAN

Lauren Bais has been an accredited practising dietitian for over 11 years and works with Diabetes Victoria. Lauren's role includes coordinating supermarket tours for people who are looking to improve their diets.

I'd become a fresh-food guru!

Fresher and less-processed foods are better for my blood glucose levels, because they frequently contain more fibre, which helps slow down the release of glucose into the bloodstream. Not only this, they make me feel fuller than foods that have had the fibre removed, while also helping maintain the health of my gut. The less-processed foods are, the less sugar, salt and/or fat will have been added.

I will go for less-processed foods in the supermarket by shopping around the store's perimeter for fruit and vegetables, meat, chicken and fish, as well as dairy. And when I'm choosing bread, I'll go for wholegrain or those that have more than five grams of fibre per 100 grams.



I'd give my palate six weeks to adjust to the changes.

This is the length of time it takes for your palate to fully adjust to eating foods lower in sugar, salt and fat. During that time, you will, of course, gradually enjoy the fresh flavours more. For every week that I stuck to my regimen of eating wholegrains, fresh foods and less-processed foods, I'd reward myself with a trip to the movies or a massage.

I would buy a slow cooker.

At about \$60, a slow cooker is a great investment because you can throw in fresh ingredients and let them cook gently for hours. You can also create dishes that are full of flavour with minimal salt or fat, and little effort! I'd make slow-cooked meat dishes, hearty soups or risottos (with barley).

I'd be kind to myself.

Don't beat yourself up if you haven't achieved your weight-loss goals. Healthy eating is an ongoing part of life and we learn more about it as we go, so there's no point in feeling guilty. I'd treat my experiences as a learning process, and keep using fresh produce.



I'D FIND WAYS TO BOOST MY HAPPINESS.

If I'm happy with my life, then I'm going to be motivated to be good at everything else, and that's true of most people. I'd list everything I'm happy with in my life. Then add to it with the many small successes I achieve and things I enjoy, as well as the occasional big wins and improvements, as I go along.



THE CARDIOLOGIST

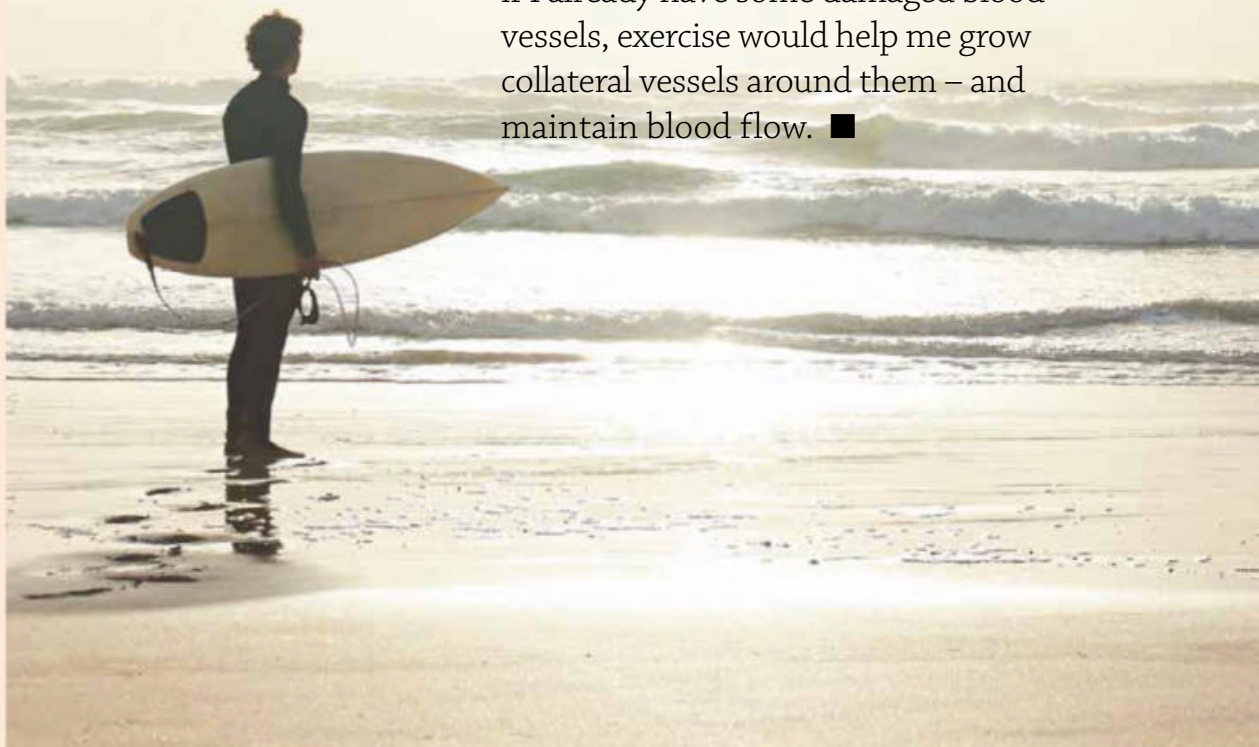
Dr Ross Walker is a cardiologist, professional speaker, media presenter and author – his latest book is *5 Stages of Health* (Penguin, \$34.99).

I'd view my diagnosis as a wake-up call to live well.

I would remind myself that I can have a normal life apart from taking a few pills and doing some monitoring. In fact, I could be healthier than I was before I got diabetes if I introduce the right lifestyle changes as the foundation therapy for my condition.

I'd exercise for 3-5 hours a week.

I would start immediately, because even if you do carry more than the healthy weight around your belly, exercising regularly reduces your risk of cardiovascular disease by 30 per cent, your risk of cancer by 30 per cent and your risk of osteoporosis by 50 per cent. It also lowers your blood pressure and helps you sleep better (which is very important). Critical for people with diabetes, exercise will markedly improve every aspect of your circulation. So, even if I already have some damaged blood vessels, exercise would help me grow collateral vessels around them – and maintain blood flow. ■







Caring *for your* **kidneys**

These little organs work hard to keep us healthy. Here's how to ensure we do all we can to help them out



DID YOU KNOW?

While most of us are born with two kidneys, we can usually live quite well with one – and many people do. But if we lose both kidneys, we can't survive.

While most of us don't give them much thought, we can't survive without our kidneys. While having diabetes can increase the risk of developing kidney disease, there are many things you can do to reduce that risk. *DL* dietitian and diabetes educator Dr Kate Marsh explains how to keep your kidneys healthy.

What is kidney disease?

The main role of our kidneys is to remove waste from the blood and return the cleaned blood back to the body. They can do this due to the tiny filtering units they contain, called nephrons. Each kidney contains about one million nephrons and together they filter and clean about one litre of blood every minute. Blood passes through the nephrons, where fluid and waste products are filtered out. Much of this fluid is returned to the blood, while the waste is concentrated in any extra fluid and removed from the body as urine.

When the kidneys are damaged, waste products can no longer be removed from the body, so they build up and become toxic. This includes urea, which is produced when the body breaks down protein, and creatinine, a waste product made by the

health check

muscles. Minerals including sodium, potassium and phosphate can also build up to dangerous levels. Plus, fluid retention can occur when the kidneys are unable to remove excess fluid from the body.

There are three stages of kidney disease:

Early-stage (stages 1–2) At this point, there are usually no obvious signs or symptoms, as the kidneys are still able to function when they are slightly damaged. This is why regular monitoring of kidney function is so important.

Middle-stage (stages 3–4) This is usually the stage when someone is diagnosed with kidney disease. This is because they're starting to feel unwell due to an increased level of waste products in the body. Making lifestyle changes and taking certain types of blood pressure medication can help to reduce the progression of disease.

End-stage (stage 5) The kidneys fail to work and the person requires dialysis or a kidney transplant to stay alive.

How are kidney disease and diabetes linked?

According to the Australian Institute of Health and Welfare (AIHW), one in 10 Australians over 18 has at least one clinical sign of chronic kidney disease, but the majority are unaware they have a problem. Diabetes is one of several risk factors for chronic kidney disease, as high blood glucose levels can damage the small blood vessels in the kidney. In Australia, diabetes is the leading cause of end-stage kidney disease, contributing to 38% of new cases. So, while everyone should be taking steps to care for their kidneys, this is even more important when you have diabetes.

How can I keep my kidneys healthy?

There are many things you can do to maintain kidney health. These include:

- Keeping blood glucose levels well managed (within your individual target range) through lifestyle changes and diabetes medications.

ARE YOU AT RISK?

You have a higher risk of developing diabetes-related kidney disease if you:

- have had diabetes for a long time;
- have persistent high blood glucose levels;
- have high blood pressure;
- are carrying excess weight;
- are a smoker;
- have other diabetes-related complications such as eye or nerve disease;
- are of Aboriginal or Torres Strait Islander descent.

- Keeping your blood pressure well managed (below 130/80) through lifestyle changes and blood pressure medications. High blood pressure increases the workload on the kidneys. Certain blood pressure medications can help protect the kidneys and may be recommended by your doctor even if your blood pressure isn't high.
- Maintaining a healthy weight. Being overweight increases the risk of high blood pressure and diabetes, and can make these conditions harder to manage.
- Being a non-smoker – studies have shown that current smokers have a 1.9-times higher risk of developing chronic kidney disease and former smokers a 1.4-times risk. Need help to quit? Call the Quitline on 13 78 48, or visitquitnow.gov.au





SIGNS OF KIDNEY DISEASE

One of the problems with kidney disease is that there are usually no symptoms in the early stages. In fact, you can lose up to 90 per cent of kidney function before you feel unwell. This is why regular checks of your kidney function are so important. However, some of the symptoms that your kidneys may not be working properly include:

- Change in frequency and quantity of urine passed
- Passing urine that is foamy or frothing
- Blood in the urine
- Puffiness around the eyes and ankles due to fluid retention
- Back pain (under the lower ribs, where the kidneys are located)
- High blood pressure
- Fatigue
- Difficulty sleeping
- Poor concentration
- Headaches
- Loss of appetite
- Nausea and vomiting
- Shortness of breath

It is important to see your doctor if you experience any of these symptoms – early detection is the key when it comes to managing kidney disease and preventing its progression.

- Maintaining healthy levels of blood fats (cholesterol and triglycerides) by eating a heart-healthy diet and taking medication, when needed.
- Exercising regularly – being active can help with managing weight, blood pressure and blood glucose levels.
- Eating a healthy diet based around plenty of fruit, vegetables and minimally processed wholegrains; moderate amounts of lean protein foods; and only small amounts of foods high in saturated and trans fats, added sugar and salt. This type of eating plan can help to manage blood glucose levels, blood fats, blood pressure and weight. Avoid high-protein diets, which can increase the progression of kidney disease. There is also some evidence that replacing animal protein (particularly red meat) with soy protein may reduce the progression of kidney disease in people with diabetes. If you have kidney disease, you may be advised to follow a low-protein diet, but this should always be done with the help of an accredited practising dietitian, to ensure you are still meeting all your nutritional needs.
- Staying well hydrated – choose water as your main drink and avoid those sweetened with sugar.
- Limiting your alcohol intake to no more than two standard drinks per day. Excess alcohol, particularly binge-drinking, can be harmful to your kidneys.

It is also important to have a kidney health check at least once a year. This involves urine and blood tests. Urine tests check for a protein called albumin in the urine: small amounts indicate you may have early-stage kidney disease; larger amounts might indicate more advanced kidney disease. Blood tests check for levels of waste products, such as urea and creatinine, as well as an estimated glomerular filtration rate (eGFR), the measure used to check how efficiently your kidneys are filtering waste products from your blood.

For more information about kidney disease and reducing your risk, visit [kidney.org.au](https://www.kidney.org.au) ■

WHEN THE TREADMILL CALLS IT QUITS

What happens when your determination
outlasts your exercise gear?

I've always envied people who can't sit still, who live to exercise. Growing up by the beach, my idea of bliss wasn't surfing or playing beach volleyball. It was sprawling on my bed with a big book and something to eat. I could do it daily for hours. The family joke was that to punish me when I misbehaved, my mum actually had to send me outside to play rather than to my room. When I was upright, I was probably cooking or baking. P.E. classes were to be endured. Running or jogging during P.E.? Well, you can't imagine how many times a month I somehow got my period during high school. Oh, those cramps!

I wasn't totally sedentary, and I somehow managed to grow up with a pretty normal body weight. But weight was always an issue and it ballooned once I hit my 30s. I joined gyms. I quit gyms. I tried yoga. I walked my dogs. I bought a treadmill for the garage, then let it gather dust. But none of it was



enough. The weight just piled on to the point where I refused to be photographed and relied on clothes that had stretch and no zippers.

I had long been a writer but, in 2007, I started focusing my writing on food. I launched a food blog and began taking more assignments focused on restaurants and chefs. I started writing several food columns for local magazines. I love learning how chefs think about food and I love encouraging people to be more adventurous home cooks and diners, whether it's trying new markets and ingredients or venturing into the world of sustainability. As I became integrated into my city's food community, I even became a volunteer cooking teacher, which ironically meant instructing low-income children in preparing and eating healthy, organic food – things I wasn't doing myself.

In March 2011, I was diagnosed with type 2. Suddenly, all my attention was driven toward losing weight and getting my HbA1c down.

I have to give my family and friends kudos for putting up with me during the first couple of years following my diagnosis. I became one of those insufferable people to dine with. I was a food writer who felt she had to avoid pasta, breads, pizza, anything with fat, and, of course, all desserts. I eschewed sushi for sashimi. I pulled out (and still do) the soft interior of bagels.

My North Star became the treadmill that had been languishing in my garage. I looked at that hulking machine with new and desperate eyes. Was I really going to rejoin a gym and schlep myself there? Get real. I work from home, so this was going to have to be my lifeline. To give me more incentive to stick with it, I had a DVR installed so I could watch recorded shows every morning, and I put down dog beds so my ridgebacks could hang out

comfortably while I sweated.

Now I was on that machine by 8 a.m. every morning. It was a routine that worked for me: get up around 6, check email, walk the dogs, feed them, then walk that treadmill for 45 minutes, gradually picking up the speed and incline. I'd freak out if a client wanted to get on an early-morning call, terrified that if I let up for even one day I'd make excuses for not continuing my routine into the future. Once on the treadmill, I'd look at the mileage, picking out a number that I could imagine was my potential weight. So, 1.75 miles was my desired 175 pounds back when I weighed well over 200.

It took nine months for me to lose just over 30kg. My HbA1c went way down. My wardrobe filled up with zippered pants and shorts. But there was a casualty in my physical drama: my workhorse of a treadmill. One morning I got on and the motor gave a heave and a sigh, then went silent. I'd worn it out.

I panicked. A solid piece of exercise machinery wasn't cheap. To increase my time on the move, I extended walks with my canine girls from our quiet community to busy surrounding streets, tracking miles and steps. But the noise was unpleasant and the traffic unnerving. I was starting to get anxious; I had worked so hard I couldn't afford not to keep up the momentum. So, within a month, I sucked it up and bought a new treadmill. It took a while to embrace its newer features and feel, and to transfer my longtime understanding of speed and incline numbers to a new machine. But I gradually gave in to it. And over the years I've kept most of the weight off, my numbers down, and the zippers zipped. But I have to confess: I do miss that old treadmill that helped me turn around my life. ■



WHEN YOU'RE feeling blue...

Change the colour of a dark day with simple ways to lift your spirits and real-life advice from those who've been there, too

Are you going through rough patches where you feel you have little to smile about? While it's normal to suffer low moods at times, chronic gloom, teariness or exhaustion that interferes with your daily life can be signs that you need support. According to Dr Lisa Engel, a health psychologist who specialises in diabetes, having diabetes doubles your chances of developing depression. That's because the daily grind

of managing diabetes – BGLs, diet, medication – plus hormonal changes can take a toll on your mental wellbeing.

With that in mind, admitting that you're feeling down is not a sign of weakness. By asking for help from your GP, counsellor or care team, you are taking an important step that will help you find your happy place, again.

Here, four people share their stories about overcoming depression, while the experts offer mood-boosting strategies.

Helena's story

'I've made friends and family a priority'

'I blamed myself when I got my type 2 diagnosis 10 years ago,' says Helena Taylor, 58. 'My grandfather, mother, aunty and brother all have diabetes. I was a size 18 and my doctor had been warning me for years to exercise more and lose weight.'

'For a year, I spiralled into major depression and, one night when the kids were away at their dad's, I felt suicidal. Thankfully, my sister called and could hear I was a mess. She came over immediately and the

next day she took me to a doctor, who put me on antidepressants.

'My sister then moved in, helped me cook and became my exercise buddy. This practical help made me feel far less overwhelmed and I got my life back on track – I only wish I'd reached out earlier.'

'I'm now a size 14 and I'm much happier and have more energy. I make it a priority to spend more time with my family and friends. I also feel less alone and have more fun.'

HERE TO HELP

'After a diabetes diagnosis, most people experience shock and disbelief, then grief and loss, as they adjust to the reality that their future is deviating from what they planned and hoped for,' says Dr Stephen Carbone of beyondblue, an organisation that supports people with anxiety and depression.

'People with type 2 diabetes often feel stigmatised as well,' adds Dr Engel. 'They worry that others judge them for their diabetes, even though there are factors beyond weight, diet and exercise that also contribute to type 2.'

To help deal with mixed emotions, try to:

Be a pleasure-seeker.

Go for a walk at sunset. Catch up with friends. Enjoy a candlelit bath. Scheduling pleasurable activities into your day provides an instant mood boost and ensures you have something to look forward to.

Exercise regularly.

'Physical exercise can be equal to antidepressants in helping you reduce mild depression,' says Dr Carbone. Whether you dance, walk, play tennis or hit the gym, the important thing is that you move every day.

Tim's story

'Doing something physical lets out my frustrations'

'Depression, anxiety and mood swings due to high and low BGLs are the black dog of diabetes,' says Tim Flakelar, 72, who was diagnosed with type 1 at 17.

'My biggest period of mild depression occurred at 25 when I felt overwhelmed coping with my first year of university as well as diabetes management. I became anxious, but I turned to playing R&B music, which really helped calm me down.'

'I still get angry sometimes when my BGLs swing high through no fault of my own or go low through a miscalculation of my carbs. The unpredictability of diabetes can cause anxiety, frustration and fear, and these feelings can wear you down.'

'That's why exercise is a must. It helps stimulate brain chemicals that keep you feeling well and makes the cells of your body more sensitive to insulin. It can also be good to do something physical like hitting a ball or using a punching bag, to let out some of your frustrations.'

HERE TO HELP

‘When you’ve had diabetes for many years, the self-management responsibilities can sometimes feel oppressive or overwhelming and your mood may suffer,’ says Dr Carbone. Try these positive-thinking steps:

Consider the big picture.

‘View setbacks, such as an elevated blood [glucose] reading, as temporary rather than permanent,’ suggests Dr Carbone. Try being as kind and supportive to yourself as you would be to a friend or loved one who has diabetes.

Talk about your feelings.

Debrief with friends, or seek help from a counsellor to find strategies to cope with a chronic condition. If you prefer, chat with someone from the comfort and privacy of your own home using online services such as Lifeline (lifeline.org.au), Beyond Blue (beyondblue.com.au), or the Virtual Clinic at Sydney’s St Vincent’s Hospital (virtualclinic.org.au).

*‘Try being
as kind and
SUPPORTIVE
to yourself as
you would be to
a loved one who
has diabetes’*

Dinaaz’s story

Taking a step back has helped my emotional health’

‘When my now 22-year-old son, Kevin, was diagnosed with type 1 at the age of 11, he was so ill he had to be hospitalised,’ recalls Dinaaz Lentin, 61.

‘It was incredibly stressful and I was worried and exhausted from loss of sleep from having to check his BGLs overnight. But at least I was in charge and knew he was OK.

‘Now that he’s a older, I often feel anxious because I don’t know whether he’s taking lifestyle risks. At one point, when he was a teenager, I discovered that he was keeping his insulin levels high to ensure he didn’t have a hypo in front of his friends – this could have caused damage to his vital organs in the long term.

‘A few years ago, I received good advice from a diabetes educator. She said that instead of being in conflict with my son, I should let him get some of those teenager activities out of his system. So, tried to put the focus on minimising harm. If he wanted to do something like eat high-carb junk food, I ensured he adjusted his insulin and did a reading before and a couple of hours after eating.

‘When you have a child with diabetes you feel like the enemy, but you’re only acting out of love and concern. Instead of showing anger, which I sometimes used to do, would walk away until I felt calmer and that’s been far better for my emotional health.’

HERE TO HELP

When a teenager with diabetes starts wanting more independence, they may not always make the best choices and the concern and loss of control can be very stressful for parents,’ says Dr Carbone. ‘It’s important to try to minimise conflict, so that you keep the lines of communication open.’ He suggests you:

Rethink your expectations.

‘Ask your child to do the best

they can today,’ advises Dr Carbone. ‘If you expect perfection you will end up disappointed and that will only increase conflict.’

Delegate responsibility.

Ensure that other family members, including your teenager and your partner, also stay on top of the management plan. This way, you don’t feel all the pressure is on your shoulders, and you’re helping your child achieve independence at the same time.

10

INSTANT MOOD BOOSTERS

Feeling teary or tense? Try these quick fixes to brighten up your day

— 1 —

Eat a few squares of dark chocolate

— 2 —

Get a brief burst of sun on your face

— 3 —

Put a bunch of flowers on display

— 4 —

Listen to music

— 5 —

Spend time in nature

— 6 —

Watch a comedy

— 7 —

Do something thoughtful for someone else

— 8 —

Keep a daily gratitude journal

— 9 —

Kiss and cuddle

— 10 —

Meditate

Elizabeth's story

I take things one day at a time

Eight years ago,

Elizabeth Youssef, 45, left her job as an assistant manager at a multinational export company to care for her mother and aunt. 'They both had type 2 along with other conditions,' she says.

'My mum passed away from breast cancer several [years] ago and I nursed her through that, which was heartbreaking.

'My aunt has dementia and depression as well, which is incredibly challenging to manage. She won't watch TV but wants to be entertained, which is tiring.

She can't walk far so it's hard to take her anywhere. Some days she just says over and over, "I want to die today." It is really upsetting.

'Being a carer is often lonely and I feel I have no life and no freedom. I long for a day off, or a holiday, which I just can't afford. At times, I feel lost and I lie awake feeling edgy and unable to sleep.

'But, all is not lost. I take things one day at a time and hold onto enjoying the little things, like staying in touch with people via Facebook or watching a TV show I enjoy.'

HERE TO HELP

Caring for someone with a condition like diabetes can be exhausting, particularly if that person is experiencing complications or another health condition,' says Dr Carbone.

'As the hard work of carers goes largely unseen, they often feel invisible, isolated and unsupported.' Here are some ways to lighten the load:

Seek out carer's support.

Being a full-time carer can be financially draining. For details about benefits that you may be entitled to, call Disability

Support Pension on 13 27 17 or visit Department of Human Services at humanservices.gov.au. You can also ask your GP or your loved one's diabetes care team about transport services or special taxi vouchers that may be offered by councils or other community organisations.

Break the routine.

Eat your lunch outside, have a friend drop in for a catch-up or go for a walk in the park.

'Scheduling activities to change the scene and break up the routine can help you feel that you are not caught in a rut,' says Dr Carbone. ■



Keen to finally say goodbye to those unwanted kilos? Reach your ideal weight sooner with these clever slimming strategies

8 EASY WAYS TO TIGHTEN YOUR BELT

1 //

'I'm good at sticking to an eating and exercise plan during the week. However, I do a lot of entertaining at the weekend and my healthy habits go out the window!'

'If you're maintaining a healthy, well-balanced lifestyle during the week, there's nothing wrong with giving yourself a bit of leeway on the weekend to relax a little,' says psychologist Dr Kiera Buchanan from Brisbane's Centre for Integrative Health. Just remember not to have a blowout all weekend, every weekend, and to hop back on the good eating and exercise wagon on Monday morning.

However, if you find that you're overdoing it on a regular basis – and struggling to get back into healthy habits – Dr Buchanan suggests rethinking what you're eating. 'When people feel like their diet is too restrictive or that they're being deprived, they're more likely to overindulge as soon as they're given the opportunity,' she says. The solution? Don't wait until the weekend to eat your favourite foods.

Curb your cravings by regularly enjoying small treats instead of saving up and bingeing on the weekend.



2 //

'I used to find it easy to lose weight, but since I hit my 50s, it's become much more difficult. Is it just me?'

No, it's not. 'People tend to be more sedentary as they get older, which can contribute to weight gain and make it harder to lose weight,' explains Professor Helena Teede, president of the Endocrine Society of Australia.

A sedentary lifestyle affects women and men differently. 'Women's weight distribution changes after menopause, so they start to store weight around their waist,' says Professor Teede. 'They may find it harder to lose weight from that area, too.'

Dr Tony Bartone, president of the Australian Medical Association (AMA) Victoria,

says, 'Men experience a drop in testosterone levels with age. That causes the body's muscle mass to decline, which makes shifting weight more difficult.'

Dr Bartone says that in addition to eating mindfully, doing weight-bearing exercise regularly is the key to losing weight in your 50s. 'This will help you build and maintain muscle mass,' he says. 'Your metabolic rate will improve with more muscle, which can make losing weight easier.'

Lifting weights, or doing resistance work using bands or your own bodyweight, are great weight-bearing exercises that can be done at home. Just remember to speak to your GP, diabetes educator or an exercise physiologist before you start. They will be able to give you advice about managing your BGLs and protecting yourself from injury while working out.

3 //

'My doctor has advised me to lose weight, but I'm finding it difficult because I don't get a lot of emotional support from my family.'

A lack of support from loved ones is disheartening, but it's a common complaint from people trying to slim down. Dr Kiera Buchanan advises tackling this roadblock head-on by getting your family actively involved in your weight-loss efforts.

If your partner, kids or grandkids are complaining about you cooking lighter meals, for example, Dr Buchanan suggests pointing out that eating better will make everyone – not just you – feel healthier. She says encouraging other family members to lend a hand at dinner time will make them feel more invested in what you're trying to accomplish.

Is your spouse grumbling about you exercising instead of spending time with them? Suggest they come with you for a walk or swim. The time will pass more quickly for you, and they'll get a healthy boost, too.

If they continue to withhold their support, Sydney dietitian and exercise physiologist Gabrielle Maston advises casting your net a bit wider.

'Friends, health professionals and online weight-loss groups and forums can be valuable sources of motivation and encouragement,' she says. Your diabetes care team can be a strong source of support as well, so don't be afraid to ask for help or share your successes and struggles with them.

4 //

‘My husband has type 2 and is on an eating plan to help manage his diabetes. However, he’s used to eating unhealthy foods and doesn’t want to change his habits now.’

While this is frustrating, it’s important to recognise that you can’t force him to change. ‘Ultimately, the person living with diabetes has to be the one to make the changes,’ says Maston.

Dr Buchanan agrees: ‘Research proves that the more you try and pressure someone to do something they don’t want to do, the more likely they are to do the opposite.’ She suggests making an appointment with a psychologist who’s experienced in food and weight-related issues to help encourage motivation.

In the short-term, Maston advises making healthy changes where you can. ‘If you’re the person who does the shopping and plans the meals, there’s nothing wrong with making healthy choices there,’ she says. ‘You can’t control what your partner chooses to buy and eat when they’re away from home, but at least this way, you’re not enabling them.’

5 //

‘I’ve tried eating less to lose weight, but every time I do, my BGLs go haywire. Help!’

Repeat this mantra: You don’t have to starve yourself to lose weight. ‘Diets that are very restrictive don’t work for long-term, successful weight loss because they’re not sustainable,’ says Dr Bartone.

‘What does work for weight loss and maintaining a healthy weight is eating a healthy diet, so there’s no reason why a diet that helps someone living with diabetes manage and control their BGLs can’t also help them drop a few kilograms,’ he says.

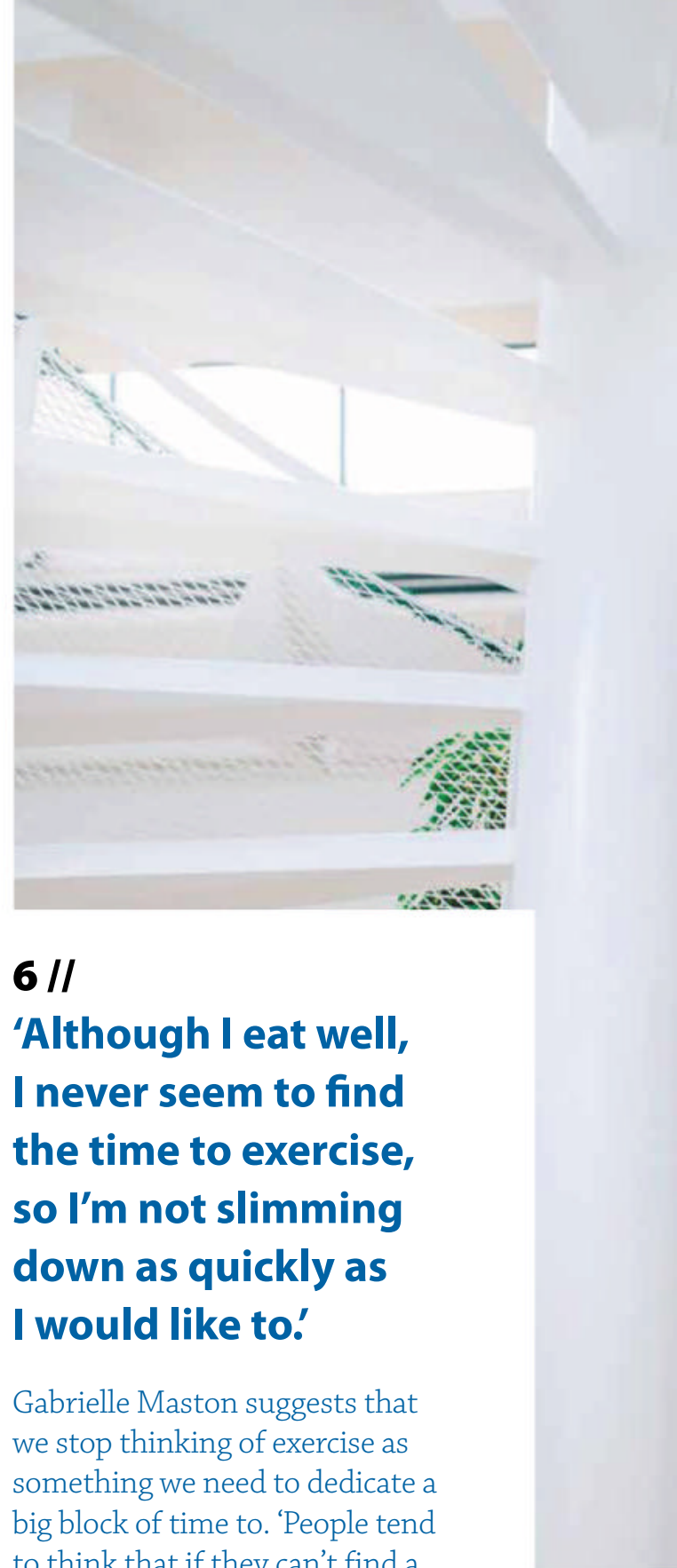
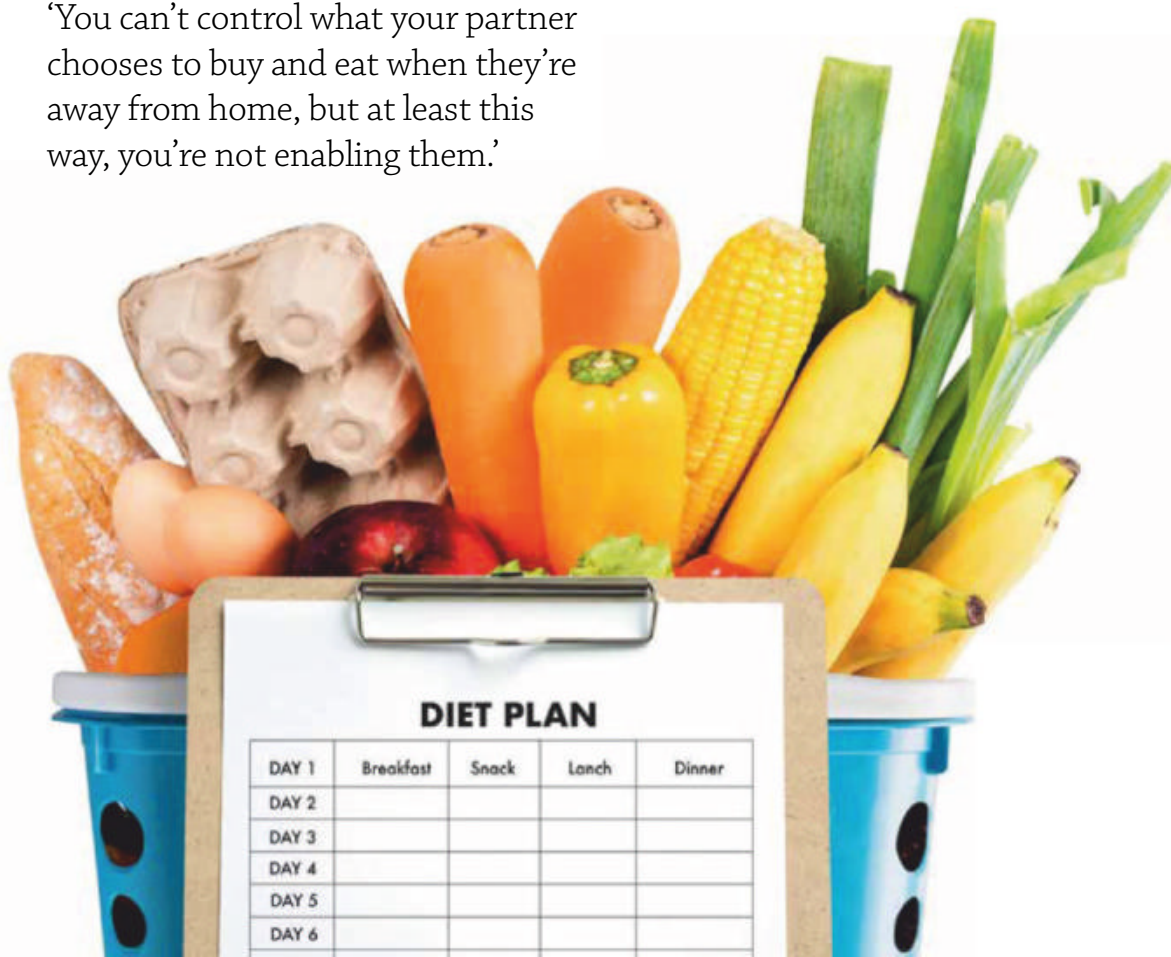
To get a meal plan that’s tailor-made for you, make an appointment with your GP or dietitian. ‘If you are trying to lose weight, it’s really important that the changes you make are personalised to you and your individual requirements,’ says Dr Bartone.

6 //

‘Although I eat well, I never seem to find the time to exercise, so I’m not slimming down as quickly as I would like to.’

Gabrielle Maston suggests that we stop thinking of exercise as something we need to dedicate a big block of time to. ‘People tend to think that if they can’t find a 30- or 60-minute window to commit to exercise, then they simply don’t have the time to be physically active,’ says Maston. ‘I recommend starting small – take five minutes out of your morning to do some lunges or sit-ups during the ad breaks when you’re watching television.’

When you’re at work, get up for a few minutes every hour to walk around the office, or up and down the stairs. If you catch public transport, get off the train or bus one stop earlier to squeeze in a few more steps. By breaking exercise down into smaller chunks like this, it becomes far easier to fit it into your day.





‘And it snowballs from there – the more you do, the more it becomes a routine, and you’ll also get fitter, which can motivate you to do more,’ says Maston.

Dr Buchanan recommends rethinking why you’re exercising. ‘If you see exercise as something you have to do to help you lose weight, it can seem like nothing but a chore to be avoided,’ she says.

‘Instead, try thinking of exercise as something that will help you sleep better, or something that improves how happy you feel, or use it as an excuse to catch up with friends. If there’s a positive reason for doing it, you’re much more likely to find the time,’ she says.



7 //

‘I’m on insulin and it’s a real challenge for me to lose weight. I’ve come to the point where I feel like it’s just not going to happen.’

The first thing to do is stop beating yourself up about it, because weight gain is a common side effect of insulin use among people with type 1 and type 2 diabetes.

‘We know that particularly for people with type 2 diabetes who are on large doses of insulin due to insulin resistance, insulin can stimulate your appetite, so that you end up eating more and gaining weight as a result,’ explains Professor Helena Teede.

To curb your appetite and reduce those love handles, add lean protein to your main meals for greater satiety and opt for lower-GI foods,

which will also help you feel fuller for longer. Visit glycemicindex.com for a list of low-GI options.

‘Little changes can make a big difference and will help to prevent the small but gradual increase in weight from one year to the next that many people experience, and that accumulates over time,’ says Professor Teede.

In addition to tweaking your diet, Dr Bartone suggests seeking help from your diabetes care team. ‘There are certain changes that can be made, including perhaps injecting lower doses of insulin more often,’ he explains. ‘The changes do require expert fine-tuning and are something you should talk to your medical team about,’ he adds. ‘But take heart in the fact that insulin-related struggles with weight are something that can be avoided with proper management, so don’t write off losing weight as an unachievable goal.’

Try thinking of exercise as something that will help you sleep or feel better.



weight loss

*Find more
ways to move
during
your day*



8 //

'I lost weight initially, but now my progress seems to have stalled. What am I doing wrong?'

Many people who are slimming down experience a plateau at one stage or another. So, don't be too hard on yourself and don't throw in the towel! Instead, use this as an opportunity to fine-tune your approach. Here's how...

Rethink your diet: The first few weeks of a new diet are when it's easiest to stick to your guns – after all, you're losing weight and feeling great, so what's not to love? However, as the scales begin to slow and the novelty of eating differently wears off, old habits can start creeping back in. A couple of glasses of wine each night, a few takeaways on the weekends – it all starts to add up.

To combat sneaky kilojoule creep, keep a food diary for a week and be honest with yourself about what you're really eating. If you're munching through excessive amounts of carbs, sugar and sodium, look at where you can make cuts, without slicing out all the foods you love. As a rough guide, aim to eat the following each day to hit your weight-loss targets:

Energy: 6000kJ
Protein: 50g
Total fat: 40-50g
Saturated fat: 15g
Carbs: 180g
Fibre: 30g
Sodium: less than 1.6g

Amp up your exercise: If you keep doing the same kinds of exercises over a period of weeks or months, your body will start getting used to them. This, in turn, means that it won't burn kilojoules as effectively. Switching to a different workout can kick-start

your weight loss, as can upping the intensity of what you're already doing. For example, if you walk for weight loss, add in a few intervals of jogging. Or, if you are doing resistance work, do more reps, or hold your poses for longer.

Gabrielle Maston also suggests finding more ways to fit movement into your day. 'If you are already doing plenty of "planned" exercise, then make a conscious effort to do more of the incidental variety by finding ways to move more during your daily routine,' she says.

Rekindle your motivation:

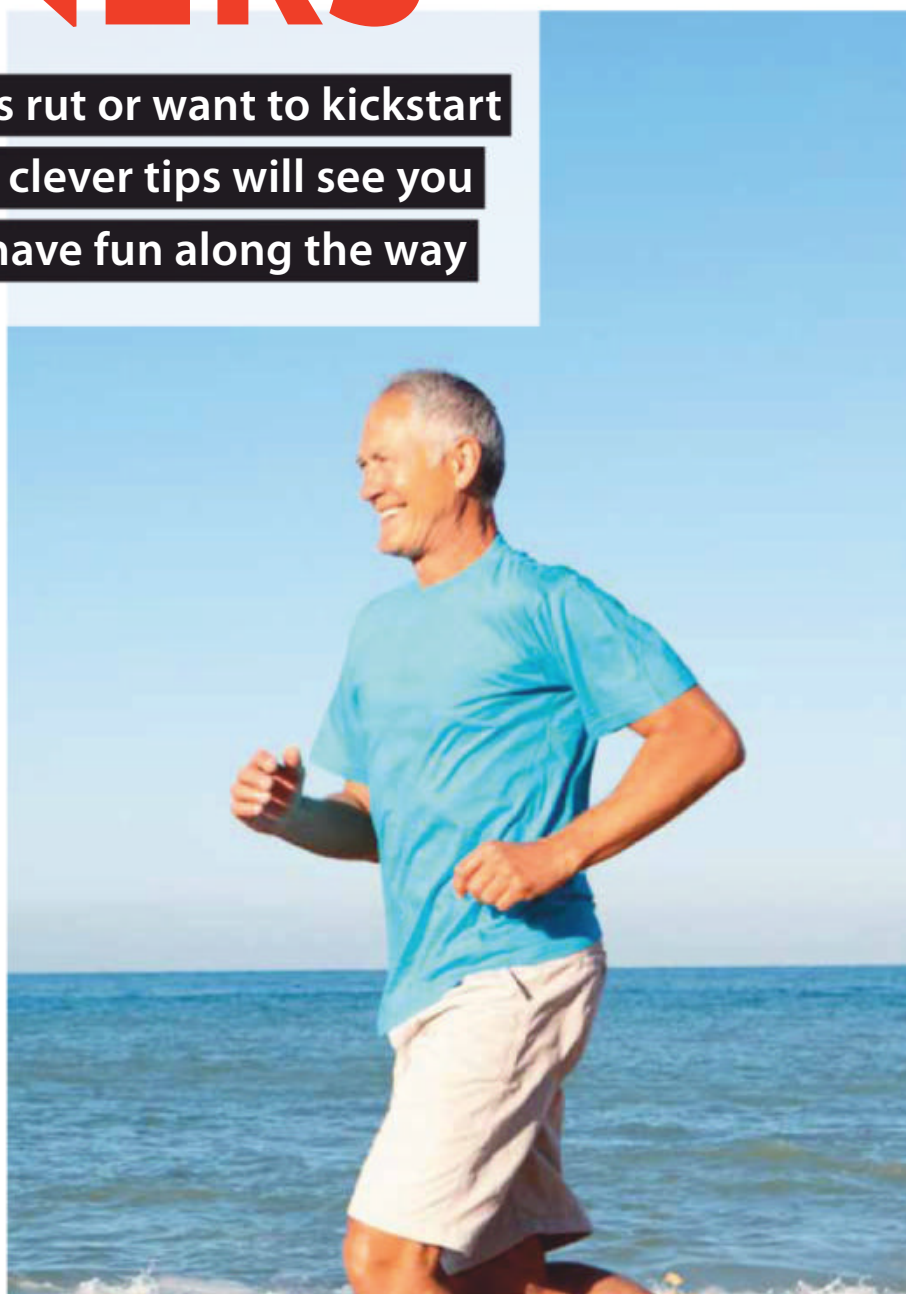
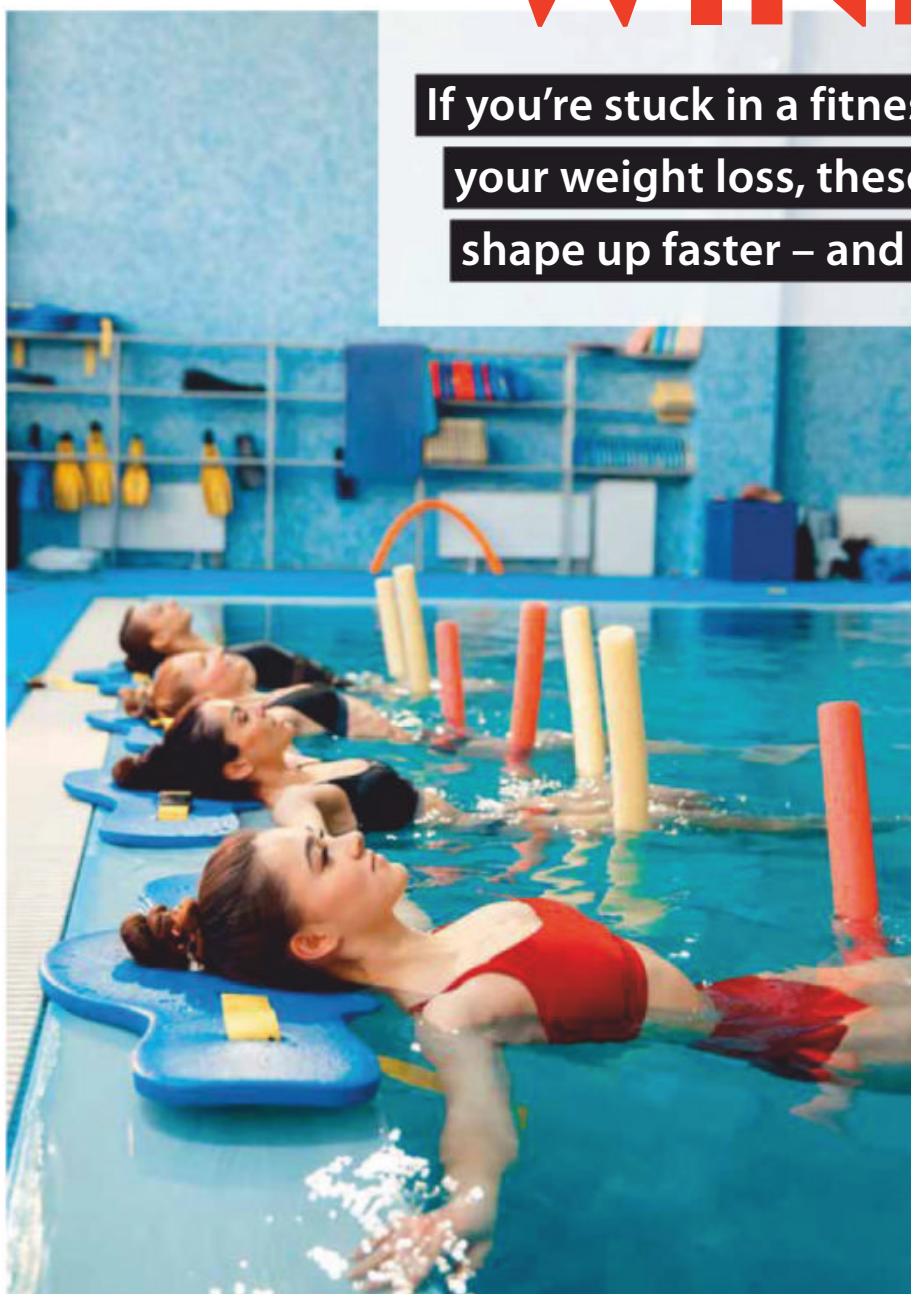
It's easy to lose momentum when you're not seeing the results you want. Get your eye back on the prize by setting small goals for yourself, like doing five minutes more of exercise each day, or eating a serving of vegetables with each meal. By consistently hitting smaller targets like this, your overall goal of wanting to lose weight will seem more achievable. ■

WORDS KAREN FITTALL; PHOTOGRAPHY ADOBE STOCK



WORKOUT WINNERS

If you're stuck in a fitness rut or want to kickstart your weight loss, these clever tips will see you shape up faster – and have fun along the way



1 *Mix things up*

When it comes to exercise, your body is the ultimate adaptor and you'll soon find yourself mastering basic workouts quickly. The downside is that your weight and fitness levels can plateau if you continue doing the same moves over and over. All you need to do is change your routine...

TRY THIS →

Make a switch Challenge your body by changing the equipment you're using in the gym or at home. For example, if you're doing resistance exercises, use a barbell instead of dumbbells. You can also lift weights more slowly, or add pauses. New exercises bring interest and develop your strength in different ways.

Up the intensity Interspersing moderate and intense exercises has been proven to increase fitness and speed up the weight-loss process. So if you walk, add in intervals of jogging. Love swimming? Do a half or full lap fast.

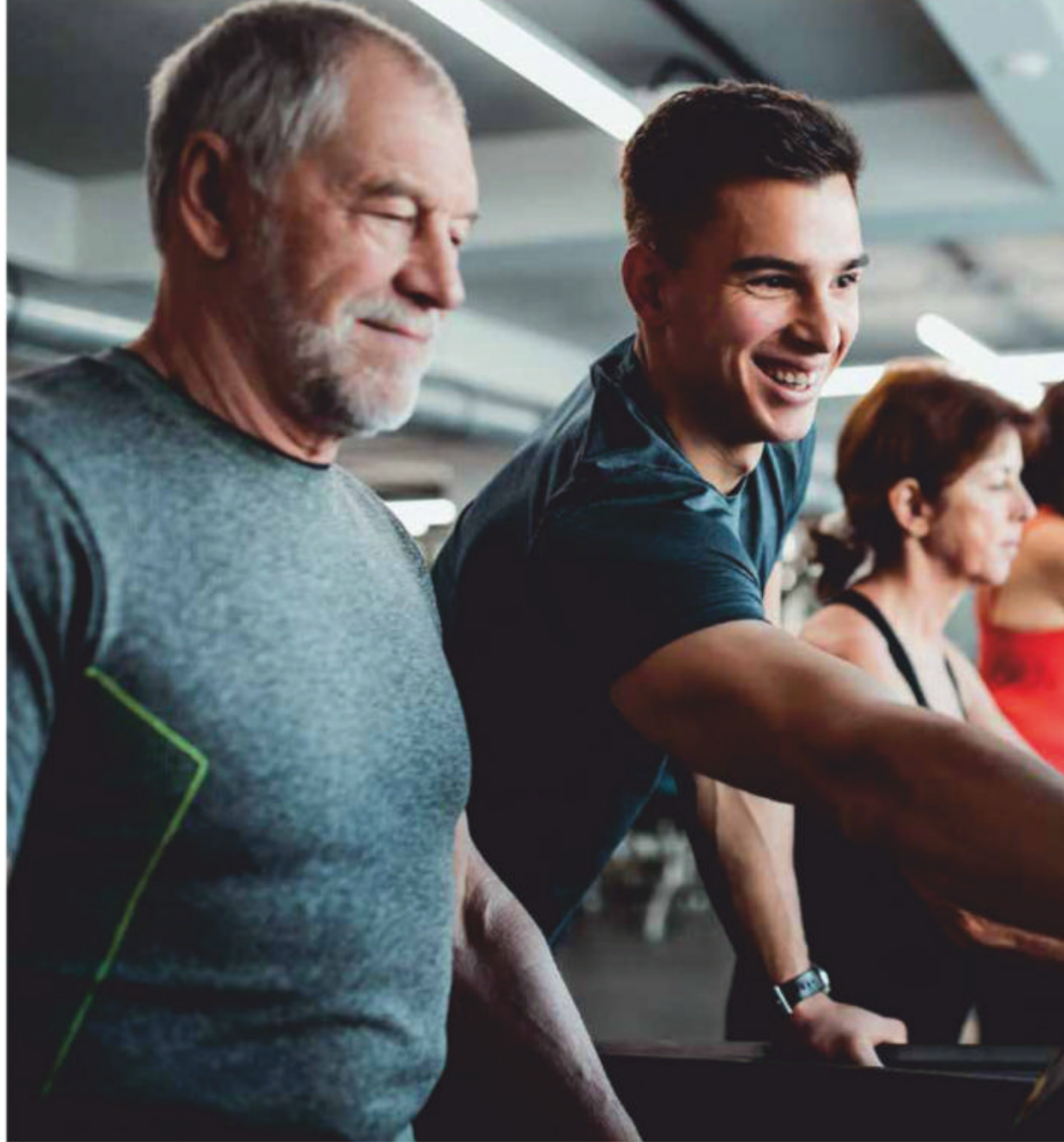
2 *Schedule it in*

Between work, family, medical appointments and other tasks, it can be tough to fit in the recommended 3-4 weekly workout sessions to keep up your fitness. These two tricks of the trade can make exercise happen for you each time.

TRY THIS →

Make it social It's a lot harder to blow off that gym session when you've got a good friend waiting for you on the treadmill. Make a standing appointment with a friend (or even a group of friends) for a long walk, swim or round of circuit training every week.

Set aside 20 minutes For time-poor people, an intense, 20-minute workout (such as a run or weights program) can be just as effective as a moderate 40-minute session. Get up earlier each morning and squeeze it into your day before work, or take your gear to the office and head out at lunchtime. Bonus: you'll feel great all afternoon!



FEET FIRST: HOW TO BE WORKOUT-READY

These tips from Diabetes Australia can keep your feet in tiptop shape so you can exercise regularly.

- Have your feet checked twice a year by your health care team.
- Cut your toenails straight across and gently file sharp edges. If you can't reach, ask someone to do it for you.
- Avoid wearing tight socks or stockings. Buy supportive shoes.
- Moisturise your feet each day to minimise dry, cracked skin.
- Know your feet well – wash, dry and inspect them each day.
- Get medical advice early if you notice any change or problem.

3 *Enjoy yourself*

It sounds obvious, but when you think of exercise as a chore, it becomes a chore. And if you force yourself to do something you loathe, you'll find it far more difficult to stick to your exercise goals. Here are ways to put a little fun back into the mix.

TRY THIS →

Find your perfect match Just because your husband loves the cross trainer and your daughter sings the praises of yoga doesn't mean that these will be 'your' passions, too. Road-test a range of workouts to find what's best for you. And keep your exercise routine interesting by doing something different each day – try ballroom dancing on a Monday, tai chi on a Wednesday and maybe water aerobics on the weekends.

Take it outside It's still lovely and warm so head outdoors for your exercise and soak it up. Make the beach, bush, mountains or a park the backdrop for your next workout session.

WORDS CHRISTINE ARMAREGO; PHOTOGRAPHY ADOBE STOCK; GETTY IMAGES



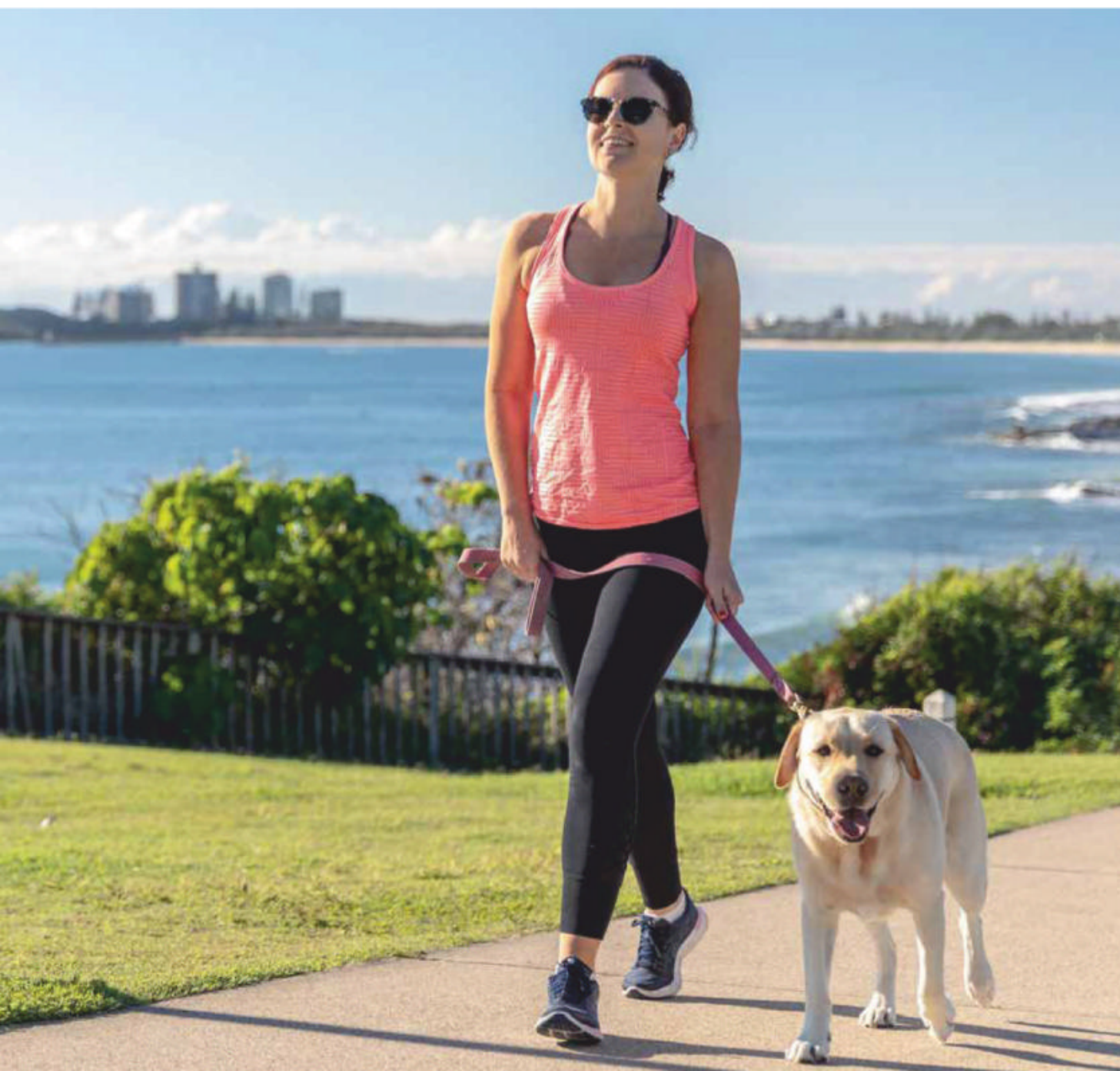
4 Stay flexible

When you're dealing with an injury, it's easy to slide into a funk. To keep your physical and emotional health on track, it's important to look past the injury, and not let it stop you from achieving your fitness goals. Here's how:

TRY THIS →

Shift your focus Exercising your injury-free limbs adds to your overall fitness, glucose management and wellbeing while you continue to work towards recovery. So if you're nursing a foot injury, switch to lifting hand weights instead. Or, if your shoulder is sore, walk on the spot for five minutes at a time, five times a day, or go for a stroll outside.

Think incidental While you're recuperating, remember to keep moving. Do what you can to increase your incidental exercise – vacuum the floor, bring in the washing, walk the dog, or do some easy weeding or pruning. It all counts.



START HERE AND NOW!

Raining outside? Just do a workout indoors. Here's a quick routine that requires no equipment. Too easy

LEGS

Step-ups (10-15 reps)

Stand in front of a step, your left foot firmly on it. Push up your body until your left leg is straight and your right slightly bent, while your core is straight. Step back down and alternate with your right foot.

CORE

Seated sit-ups (10-15 reps)

Sit up straight on the edge of a chair, with your feet flat on the ground. Slowly lean back towards the backrest. Return to an upright position, keeping your abdominals contracted.

ARMS

Air boxing (10-15 reps)

Stand with feet shoulder-width apart, knees slightly bent. Make your hands into fists and start with one arm in front and the other by your hip. Alternate arms, as if you were boxing. ■

I'm so pleased I trusted my instincts

When 30-year-old Hannah Byrne started feeling ill during her second pregnancy in 2016, she suspected something was wrong – and she was right. Diagnosed with gestational diabetes at the time, four years later, Hannah developed type 2 diabetes. Here, she shares her journey

Before



Evie, Mela and Hannah

Last September, I experienced some pretty scary health problems. I was having wicked migraines, found it difficult to concentrate and kept forgetting things.

At one point, I forgot to click Evie, my youngest, into her car seat before I drove away. Both my mum and my partner, Ben,

had noticed I was struggling and suggested I visit my GP.

When I did, I was told the symptoms I was experiencing were probably the result of stress from my job as the manager of an early childhood centre, combined with the coronavirus pandemic. But I wasn't convinced; I got really upset and had to beg for a blood test. When the results came back, my HbA1c was 56. No wonder I'd been feeling rubbish.

I was told I had type 2 diabetes, but didn't really know what that meant for my future. I do now.

Double trouble

In 2008, when I was 18, I found out I had endometriosis and polycystic ovary syndrome, or PCOS. My endometriosis has since been dealt

with surgically, but my PCOS has played a constant role in my health and wellbeing ever since, including making me insulin-resistant. Back then, I didn't fully understand the impact that could have or how much more of a risk it meant I had of developing diabetes.

Then, in 2014, when I was pregnant with my oldest daughter, Mela, a routine blood glucose test at 28 weeks picked up that I had gestational diabetes. I had no idea what that was, how I ended up with it or what it meant for me and my baby. Thankfully, I was referred to a wonderful diabetes clinic and was closely monitored, because it didn't take long for things to escalate. Managing my diabetes with diet and metformin alone wasn't controlling things – my blood



glucose levels were way too high and our unborn child was growing at a crazy rate, so I was moved onto insulin.

Even then, I really struggled to get my levels right. I'd swing from dangerously low levels, where I'd almost be unconscious, to going super-high when I tried to regain control. It was a real challenge, so Mela was induced and born at 37 weeks. Thankfully, a few days after her birth, my blood glucose levels were normal again and we went home, but I continued to have regular checks, as by then I knew I could be at risk of developing type 2 diabetes.

Everything was fine until 2016, when I was 16 weeks pregnant with Evie. I just felt awful – exhausted, spaced-out – and knew I was having ‘lows’. I asked for an early glucose test and I’m so pleased I trusted my instincts.

Sure enough, I had gestational diabetes again. I experienced the same crazy ride of lots of highs and lows, but once Evie was born, things again went back to normal and stayed that way, so I thought that was that. Little did I know that it wasn't...

Back to the future

I'll be honest – in September 2020, when I found out I had type 2 diabetes, I felt embarrassed, even though I knew I was at an increased risk. In hindsight, that was due to a lack of knowledge, but at the time I was disappointed in myself. What would people think? How was I going to live a normal life? How would this affect my kids, my job? I still had my whole life to live!

**I realised
my life isn't
over. I can
control this;
it doesn't
have to
control me."**

I thought it was going to impact my quality of life. I didn't want to be excluded and I didn't think I'd be able to be the mum my girls need and deserve.

I went through a real grieving process. I was also disappointed that I hadn't realised earlier just how significant being insulin-resistant because of my PCOS would turn out to be.

It really wasn't until I learned I had gestational diabetes the first time that everything started to click and eventually I thought 'well, that all makes sense now!'.

Once I got past the grief of being diagnosed with type 2, I committed myself to learn all about it and began to get a good understanding of its potential long-term health impacts and what I needed to do to



Hannah (right) with her friend (also called Hannah!)



Ben and Hannah

After

avoid them. I came to realise my life isn't over. I can control this; it doesn't have to control me.

As a young person living with type 2, I've connected with others in the same situation via social media groups, so I know I'm not alone. I'm opening up to my family and friends about my diabetes, too. They've been great and are always there to talk to if I've had a rough day. Given I was only diagnosed a few months ago, it's something that's slowly helping this become my new normal. ■



After

A BILL OF CLEAN HEALTH

Bill Sparks has gone from 230kg and struggling to get off the couch to owning his own gym in Hobart and saying goodbye to his diabetes

I hated myself. I hated my life. I'd eat and smoke as much as I could, and I'd drink away the pain; all in the hope of filling this void, this depression. I was on the path to self-destruction.

I've always struggled with my weight. By the end of grade six, I weighed 100kg and I continued to struggle with it throughout my teenage years. But when I was 16, I lost my mum and dad, and that caused me to really spiral out of control and use food, alcohol and cigarettes in an attempt to treat my depression.

Over the years I tried probably a thousand times to lose the weight, but it would never stick. So I just kept getting bigger and bigger, until I was 32 years old and 230kg.

I felt lifeless

I was always very hesitant to see doctors, dentists etc., so I would always push my appointments back; but when I began to feel like death was looming over me in 2015 and I knew I needed to go. I was so unwell and I had grey lesions all over my legs. My doctor said, "you have type 2 diabetes. You've probably got 6 to 12 months and then you'll either lose your leg or drop dead". That was the wake up call to get my weight under control really quickly.

At the time, I was a baker and I knew if I lost my leg, my career was out the window and I'd probably end up more depressed and dead anyway. I knew I needed to do whatever I could.

So, I had been watching a school friend on Facebook who was a personal trainer, and I asked him if he could help. He was pretty blunt with me and said, “if you do what I say for 18 months, we’ll get you some serious results. Don’t do what I tell you to, and you’ll probably die.” So anything he told me to do, I did, and I began to lose 2-3kg a week.

When I first started at the gym, I did team training and I hated it. I felt like I was slowing people down, or I was in the way. I just didn’t want to be there. So I switched to a small group with about eight people. These training sessions allowed me to get the support from those around me, but everyone had their own program designed to suit their goals.

I did have to learn to swallow my pride though. I was so embarrassed that I had let myself get to the point where I was in my 30s and death was right around the corner.

In the first class, someone came up and gave me a high-five, which I thought was weird, but then more people would come around and give high-fives. And that encouragement really spoke to me and I kept coming back, even on those bad days when I just didn’t want to train.

After about two weeks, I started to enjoy the gym and that made it easier to keep going.

Dropping the kilos

When I started working out, it was hard. I jumped into training with weights five days a week, started eating healthier and began walking every day. My trainer worked around my limitations, so I started with a lot of seated exercises or things like sled pushes, and I took everything slow and steady. But the moment I transitioned from doing something sitting, to suddenly able to do it... it was amazing. It was

another little win that gave me a boost to keep coming back, to try harder and to try different things.

After just the first week, people started to notice I was losing weight. Within the first year, I lost 70kg and it took another 12-18 months to lose a further 35kg. I did get my weight down to 125kg, but today I’ve stacked on a heap of muscle, I’m sitting on about 140kg, I’m looking the best I ever have, and I couldn’t be happier.

Support network

I really struggled battling the food demons. I did the shopping for myself and my ex who ate whatever she wanted. I asked her to keep the food out of sight, so I wouldn’t be tempted, but when I’d wake up there’d be half a packet of chips or chocolate on the counter. So I spent quite a few mornings in tears with the food in my hand, questioning if I wanted this or if I wanted to live. But I knew if I didn’t do something, I just wasn’t going to be around much longer.

My friendship group also continued to want me to go out drinking or eat fast food with them. But I knew in order for me to change, I had to change who I was around. It was hard, but it’s that or drop dead.

One of the young trainers also took me under his wing, and we started hanging out. If I didn’t go to the gym for 2-3 days, he’d message me saying “where are you? Come on, come back in”. That support made a massive difference. And the more time I spent at the gym with other people who were trying to do the same thing, the more I started hanging out with them, which made training and eating so much easier.

So if you’re going to join a gym or a training program, make sure it’s the right one because the



“

I fooled myself for a long time: ‘I’m not that fat, I’m half muscle’... I knew I was wrong but I fooled myself anyway.”

wrong one will make you run for miles. If you’re uncomfortable going to the gym, find a walking buddy and just start. If you can only walk 5 minutes one day, try for 7 minutes the next week and keep going. You just can’t do this alone.

A healthier life

Two years ago, my doctor gave me the all clear – “you’re fit and healthy” he said. My heart and lungs were good, I had circulation in my feet and hands again, the lesions on my legs had finally started healing, and my diabetes was gone.

About 9 months into my weight loss journey, I was about 60kg

my story: type 2

down and I started thinking maybe I could help someone. So I spent the next 18 months, continuing to work full time, trying to lose weight and completed my Cert 3 so I could become a personal trainer (PT). Six months before I was qualified, I decided to quit baking to focus on my studies and build my PT business – I have now been a PT for three years.

When the COVID gym closures occurred, I began training people from my deck. Everyone loved it, and that encouraged me to take the leap and open my own gym. I've always thrived in small, community-based gyms and I knew this would work for others too; so my business Be Like Bill Community (BLBC)

is going to be exactly that.

I want BLBC to be a safe space – a place where people can come, do their training, have a good time and go home without any judgement.

Honestly, you can never give up hope, you have to just keep trying. I failed a thousand times to lose weight, but you only need that one attempt for it to stick and you're right. Find a supportive community – one that keeps bringing you back – because you can't do this by yourself.

Today, my goal is to look good, feel good and move good; and I've done exactly that. I'm the fittest and healthiest I've ever been, I feel good and life's good.



A day in the life

When I was a baker, I'd get up at 2AM and roll straight into work, which was followed by a cigarette, a 600ml Coke, custard scroll and a pizza for breakfast. About an hour later, I'd be eating a couple scones, another Coke and some more cigarettes. By the time lunch rolled around, I'd eat a hamburger or something similar.

I'd get home from work, fall asleep for half an hour, before eating some chips or 6-8 slices of bread with meat and sauce, and some more junk food; before falling asleep again. Then I'd eat Maccas, KFC, pizza or a frozen meal for dinner, with a couple litres of juice or Coke. Before bed, I'd eat more chocolate or a couple bags of lollies. Plus, on a Friday night, I'd drink a few bottles of Wild Turkey with 8L of Coke and smash through the cigarettes.

I hated my life and where I was at. Each block of chocolate gave me this little instant rush of gratification so I'd eat another, but I was never satisfied. I had been conditioned to think that talking about your feelings and asking for help is weak. So I didn't know where to begin. But, you have to get that stuff out, you can't bottle it up, otherwise you'll end up like me – on death's door.

Today, I'm up at 4.30AM to walk the dogs; then I train all day, train other people all day, and I don't watch TV anymore. We're not designed to sit on our bums all day. I'm a completely different person now – someone who's just constantly on the move and I'm so much happier.



I also switched my meals to start eating how my grandparents did: meat and vegies. For the first few months of losing weight, I was pretty serious about my food choices and wouldn't let myself enjoy any of these "treats". As I hit the 6-month mark, I started to relax a bit more and enjoy a treat once a week. But now, I can eat more freely on the weekends and still stick to my meat and vegies on the weekdays.

Every two months or so I think I'll enjoy a can of Coke, but I really don't. I don't need it anymore. I'd rather enjoy water or coffee. I also have a drink every three or so months, but I no longer get to the point where I'm drinking just to annihilate myself; I have three or four drinks, then go home. And I quit smoking three years ago. ■

AS TOLD TO ELLIE GRIFFITHS. PHOTOGRAPHY SUPPLIED BY BILL SPARKS
ADDITIONAL PHOTOGRAPHY ADOBE STOCK

YOUR PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that P=3, C=10, and T=25. You can record each letter as you work it out in the letter checker at the bottom of the grid.

20	7	4	3	6	5		22	10	21	19	19	8	14		25	5	20	3	14	16
	5		6		8		25		15		21		12		26		5		12	
23	26	6	17		10	8	6	20	18		15	6	10	26	14		1	16	14	23
	4		17		26		3		8		1		8		16		6		20	
24	4	7	5	1	14		14	12	4	25	6	10	5		5	10	10	14	3	25
		5			20	14	15		10				6	20	3				8	
4	22	3	16	14	7		13	21	2	14	13	4	20		7	21	3	3	6	14
	11		5						14		6						21		19	
18	21	15	7	6	3		26	7	13	16	5	15	25		14	20	18	16	7	4
	14				5	1	4				3		26	14	12			6		
19	14	8	4	15	7		23	5	25	10	26	14	16		26	21	15	1	16	7
	17		20		20		8		26		16		6		5		6		6	
9	6	24	14		14	13	6	19	7		5	15	24	6	8		15	6	1	26
	15		1		15		15		20		1		14		14		9		26	
5	1	26	5	22	25		1	8	14	5	20	14	13		13	14	5	16	25	26

1	2	3 P	4	5	6	7	8	9	10 C	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25 T	26

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

	6	4			3		5	1
		9	2					6
1		3						
						5		
		5						
	4			8	6	9		
7	5	6		9				
					4			
				6	7		3	

CHUNKY CROSSWORD

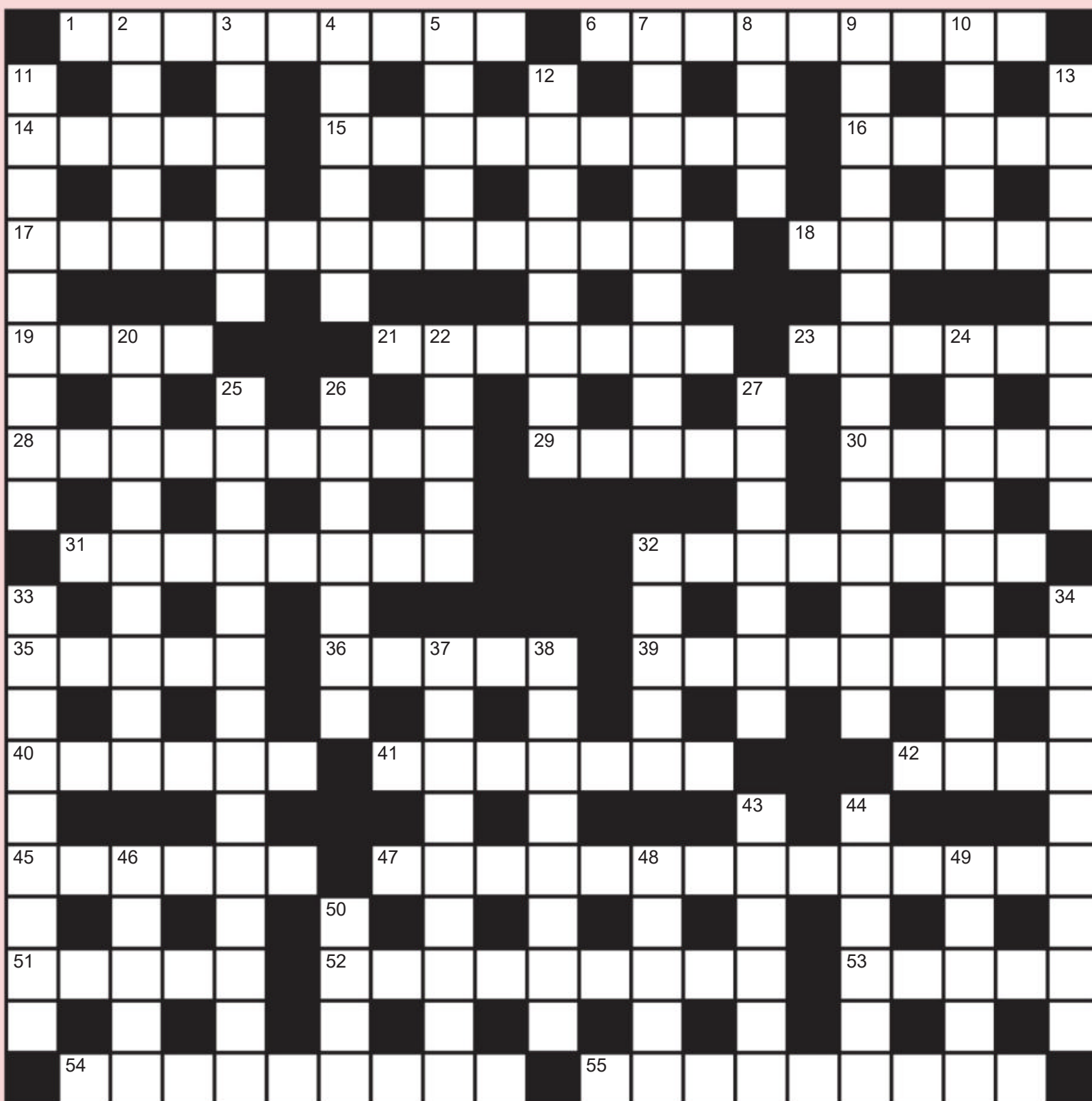
Sharpen your pencil and show what you know.

ACROSS

- 1 River-feeding stream (9)
- 6 Type of fridge resistant to icing over (5-4)
- 14 Void, quash (5)
- 15 Official who hears complaints (9)
- 16 Higher (5)
- 17 Disillusionment (14)
- 18 Puts in high spirits (6)

- 19 Adorable (4)
- 21 Voice discontent (7)
- 23 Charted (6)
- 28 Chest muscles (9)
- 29 --- Butler, Clark Gable role (5)
- 30 Michael ---, *Packed to the Rafters* star (5)
- 31 Glitters (8)
- 32 Conventional (8)
- 35 Hooded snake (5)
- 36 Joined together (5)

- 39 Large church (9)
- 40 Four twenties (6)
- 41 Storehouse for grain (7)
- 42 Suva's island (4)
- 45 Brief period of time (6)
- 47 Cabbage-like vegetable (8,6)
- 51 Go over (5)
- 52 North American Big Foot (9)
- 53 Friend of Snow White (5)
- 54 Tapes again (9)
- 55 Unwed (9)



DOWN

- 2** Raves, carries on (5)
3 Be suitable, fit in (6)
4 Sporting cup (6)
5 --- Williams, late comedic actor (5)
7 Fondly remember the good old days (9)
8 Hit bottom (4)
9 Lucky Irish plant (4-4,6)
10 Person working in a country they're not a citizen of (5)
11 Improve garden and yard areas (9)
12 Distance indicator (8)
13 Head of a republic (9)
20 Rugby player's padded practice item (6,3)
22 Pauses to recover (5)
24 Medley, mixture (9)
25 Istanbul's former name (14)
26 Aeroplane's rise from a runway (4-3)
27 Law (7)
32 --- De La Hoya, boxer (5)
33 Abetter (9)
34 Complainant (9)
37 Startled, shocked (9)
38 Extinct reptile (8)
43 Breathing disorder (6)
44 Web-weaver (6)
46 Hidden store (5)
48 --- John, singer (5)
49 Speak, say (5)
50 Norway's capital (4)

For solutions, see page 126

Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1

STRENGTH IN NUMBERS

Do you feel like no one around you quite understands what you're going through? You're not alone. Living with diabetes has quite the mental hold, and unless those in your family and friendship circle are going through it too, they will never truly understand the ins and outs of the disease. Support groups, however, are the one place you can turn to where you can unite with people who share the same conditions, concerns, goals and experiences. The Diabetes Research Institute Foundation reported those living with diabetes and connected with others with diabetes experience a range of benefits, including a sense of hope, encouragement, empowerment and relief; a sense of being understood; and a chance to share and gain knowledge and practical experience. .

To get started, search "Diabetes support groups near me" on Google, or join groups on Facebook (such as Diabetes Support Australia and New Zealand).



2

IMPROVE YOUR LAZY MIND

With the advancement of technology, humans have begun living in autopilot simply following our devices' instructions (such as following directions on the GPS). While this has made life easier in many ways, it can be the cause of a lazy mind – where your brain is no longer required to remember the details.

A study published in the *Proceedings of the National Academy of Sciences* found you can increase the patterns of brain activity (associated with memory improvement) with just 10 minutes of light exercise. Further evidence found those who engaged in regular aerobic exercise for at least 50 minutes three times a week had significant memory gains due to an increase in blood flow.

Things you can do to improve your memory are eat foods rich in omega-3, maintain a regular sleep schedule, and learn something new – such as a musical instrument or something that involves hand-eye coordination – to encourage your brain to focus on learning the new activity rather than sitting in autopilot.



GOING THROUGH MENOPAUSE?

As women reach their 50s, if they haven't already, they will begin to experience menopause. While some people have few to no symptoms, those with diabetes will need to pay close attention to their health. As your body begins to make less of the hormones estrogen and progesterone, this will begin to affect how your cells respond to insulin; causing your BGLs to rise and fall. During this time you may experience weight gain and it is also important to keep on top of your heart health (check your blood pressure and cholesterol levels regularly).

BodyCare Nutrition's Revitalise (bodycarenutrition.com.au) is a tasty and fast-acting form of multivitamin, which is known to help with the symptoms associated with menopause, including weight, osteoporosis, fatigue and high cholesterol and blood pressure. If you have any concerns about menopause and your diabetes, consult your healthcare team.



Before you take any supplements, it's important to first discuss the effects it may have on your diabetes and/or medication with your healthcare team.

good advice



4 SNUGGLE BUDDY

Also known as pressure and gravity blankets, weighted blankets – such as Cuddle Buddy’s Weighted Blanket – have become a preferred choice of at-home therapy for a stress, anxiety and more. “Weighted blankets can improve sleep in a number of ways by providing deep therapy pressure to muscles to aid relaxation, improve sleep latency (the time taken to go from awake to asleep) and improve sleep debt that causes, in many cases, frequent overnight waking,” explains sleep expert and registered nurse Deb Herdman. The pressure provided through the blankets creates a similar technique to that of deep touch pressure therapy which is known to help encourage the body to switch fight-or-flight response off and promote the rest-and-digest response.

People with diabetes (especially those with neuropathy) should use a weighted blanket with caution. Before purchasing, check with your healthcare team for the recommended weight and duration of use.

5

STAY IN SHAPE

It’s never too late to get on top of your fitness levels. An achievable and efficient way to get into – and stay in – shape is through high-intensity interval training or HIIT. In recent years, the benefits of HIIT (short bursts of intense exercise, followed by a quick recovery session, and repeat again) have become clear with it being most effective in improving aerobic fitness and cardiovascular-related indicators – such as blood glucose control, blood pressure and body fat levels. Long-term benefits, for those who committed to HIIT for months, include more heart muscle and a larger chamber size which in turn allows more blood to be pumped.

While HIIT will help you to lose fat, it won’t necessarily lead to great weight loss, as you are likely to gain muscle mass in turn.

If you’re not sure where to start, an accredited exercise physiologist can create a program tailored to your needs and goals; but be sure to discuss with your healthcare team how to manage your diabetes while training. ■

WORDS ELLIE GRIFFITHS; PHOTOGRAPHY ADOBE STOCK; CUDDLE BUDDY

Turn upside down for puzzle solutions

Across: 1 Tributary, 6 Frost-free, 14 Annul, 15 Ombudsman, 16 Upper, 17 Disenchantment, 18 Elates, 19 Cure, 21 Protest, 23 Mapped, 28 Pectorals, 29 Rhett, 30 Caton, 31 Glistens, 32 Orthodox, 35 Cobra, 36 Fused, 39 Cathedral, 40 Eighty, 41 Granary, 42 Fiji, 45 Second, 47 Brussels sprout, 51 Recap, 52 Sasquatch, 53 Dwarf, 54 Rerecords, 55 Unmarried. **Down:** 2 Rants, 3 Belong, 4 Trophy, 5 Robin, 7 Reminisce, 8 Sank, 9 Four-leaf clover, 10 Expat, 11 Landscape, 12 Odometer, 13 President, 20 Tackle Bag, 22 Rests, 24 Potpourri, 25 Constantinople, 26 Take-Off, 27 Statute, 32 Oscar, 33 Accessory, 34 Plaintiff, 37 Surprised, 38 Dinosaur, 43 Asthma, 44 Spider, 46 Cache, 48 Elton, 49 Orate, 50 Oslo.

Crossword

2	6	4	9	7	3	8	5	1
5	7	9	2	1	8	3	4	6
1	8	3	6	4	5	7	2	9
6	1	8	4	2	9	5	7	3
9	2	5	7	3	1	4	6	8
3	4	7	5	8	6	9	1	2
7	5	6	3	9	2	1	8	4
8	3	2	1	5	4	6	9	7
4	9	1	8	6	7	2	3	5

Sudoku

E	N	R	Z	B	F	M	U	S	W	V	T	H
14	15	16	17	18	19	20	21	22	23	24	25	26
G	K	P	O	A	I	Y	L	J	C	Q	X	D
1	2	3	4	5	6	7	8	9	10	11	12	13
A	G	H	A	S	T	G	L	E	A	M	E	D
N	G	N	N	N	M	G	E	E	E	J	H	
J	I	V	E	E	D	I	F	Y	A	N	V	I
Z	M	M	L	H	R	I	A	I				
F	E	L	O	N	Y	W	A	T	C	H	E	R
B	U	N	Y	I	P	H	Y	D	R	A	N	T
Q	A		E	I								
O	S	P	R	E	Y	D	U	K	E	D	O	M
V	O	Y	A	G	E	X	O	T	I	C	A	A
W	H	I	Z	H	P	L	G	L	R	I	M	
A	I	L	T	N								
M	Y	O	P	I	A	S	C	U	F	F	L	E
T	A	M	P	E	R							

Code cracker

puzzles solutions

**BREAKFAST
& TOPPERS**

- 65 Basic overnight oats ●●●
- 59 Bircher muesli ●●●
- 59 Bircher muesli with chia seeds ●●●
- 77 Blueberry and almond granola ●●●
- 65 Carrot cake overnight oats ●●●
- 77 Mango and strawberry smoothie ●●●
- 77 Mushroom and spinach bagel ●●●
- 65 PB&J overnight oats ●●●
- 65 Tropical overnight oats ●●●

DRINKS

- 55 Goji berry & raspberry cooler ●●●

**LIGHT MEALS,
SNACKS, SIDES
& STARTERS**

- 33 Asian salad ●●●
- 35 Barbecued herbed corn ●●●
- 51 Barley, cherry & feta salad ●●●
- 33 Bean, watercress and beet salad ●●●
- 47 Caramel pretzel apple dippers ●●●
- 52 Cauliflower & zucchini soup ●●●
- 47 Chocolate s'more apple dippers ●●●

- 47 Dark chocolate ginger apple dippers ●●●
- 56 Grilled vegetable antipasti ●●●
- 59 Lamb & vegetable pizza ●●●
- 47 Maple pecan apple dippers ●●●
- 47 Margarita apple dippers ●●●
- 32 Mixed tomato salad ●●●
- 55 Moroccan lamb and chickpea wraps ●●●
- 47 Peanut butter chocolate apple dippers ●●●
- 45 Riced cauliflower tabbouleh ●●●
- 34 Roast chargrilled vegetable and quinoa salad ●●●
- 35 Roasted pumpkin and chickpea salad ●●●
- 47 Strawberry shortbread apple dippers ●●●
- 36 The perfect steak ●●●
- 55 Tuna & asparagus quiche with sweet potato salad ●●●
- 51 Vietnamese pancakes with prawns ●●●
- 47 White chocolate berry muesli apple dippers ●●●
- 77 60-second snack ●●●

MAINS

- 42 Chicken & black bean burritos with coriander lime rice ●●●
- 42 Chicken Alfredo cauliflower rice bake ●●●

- 20 Chicken enchiladas ●●●
- 41 Chicken fried rice bowls ●●●
- 18 Indian paneer & vegetable curry ●●●
- 21 Pork & apple burgers ●●●
- 48 Smoky tomato chicken drumsticks with green goddess salad ●●●
- 62 Spinach and ricotta cannelloni ●●●
- 18 Steak and eggplant salad ●●●
- 19 Thai salmon parcels ●●●
- 45 Turkey & feta stuffed capsicums ●●●

DESSERTS

- 67 Beetroot & chocolate cupcakes ●●●
- 74 Choc semi-freddo ●●●
- 70 Chocolate & cherry clafouti ●●●
- 72 Chocolate mousse shots ●●●
- 70 Jaffa self-saucing pudding ●●●
- 63 Mixed berry and almond pastries ●●●
- 73 Mocha faro pudding with figs ●●●

**MARINADES
& SAUCES**

- 32 Asian marinade ●●●
- 32 Italian marinade ●●●
- 32 Middle Eastern marinade ●●●

KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

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Alix Davis, Editor

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New tricks for old dogs

As far as Rob Palmer's concerned, it's never too late to learn or make life-enhancing choices



They say you can't teach an old dog new tricks. Just try teaching a 13-year-old cattle dog to climb a ladder! However, one trick this old dog (I'm assuming my status as a six-and-a-half-year-old Labrador, given there are seven human years to one dog year) has an insatiable appetite for is new technology. Recently, I found an app on my phone that, I'm now prepared to admit, I should have been using for as long as it's been around. It's called the Easy Diet Diary, and I'm learning this new trick quickly! Sure, it isn't new tech, but it's given me a valuable wake-up call around my assumed knowledge of the carb values of foods.

I've also entered the world of a new insulin pump, the Medtronic 770G. Hooray! I'm not new to insulin pump technology, but this new one is clever enough to adjust insulin dosage to my behaviour and timetable. It can even cope with small amounts of carb intake

to allow me to thrive without such a rigid structure around food and insulin planning, as was the norm for a diabetic requiring multiple daily injections.

It can also talk to my phone and the phones of those close to me to assist in guiding and maintaining smooth levels of blood glucose.

The 770G is designed to stay mostly out of way, and I've found the toughest part of moving to it has been letting it do its job. I'm letting the pump assess and learn from my natural behaviour and it fits in with my schedule brilliantly. Along with carb counting, it's my best diabetes management yet.

Back to the new diet app... I'd been telling my pump that a meat pie or a small mango was worth about 20g of carbs. The reality, according to my new-found friend, Easy Diet Diary, is more like 35g. That explains a lot of the pump micromanaging I'd been doing to catch up.

Now, instead of cheating the pump by telling it that I've eaten less or more than I have, I'm more accurate. It means I've spent less time questioning the pump's performance and more time concentrating on my own.

I've developed a trust and confidence in the 770G pump that's resulted in fewer, if any, high and low glucose alarms. I'm now enjoying life, focusing less on how my insulin pump is working and more on the new tricks that this not-so-old dog is able to have a crack at. ■





It's not a crime for him
to tell her she's useless.

**But it should be. You have the power to help
make Coercive Control illegal in Australia.**

This is not the man she fell in love with. He makes life hell for her. She tries not to upset him and does what he wants, just because it's easier. She's scared he'll take it out on the kids or the dog or her if she makes him angry. He tracks her movements and over time he's cut her off from her friends and family. He questions her every move. No matter which way you look at it, he's in control which means

there's no safe way for her to leave the relationship. Coercive Control is a common form of domestic abuse but there is currently no law against it. If we change the law, we can change the lives of thousands of Australian women who are terrified and at risk in their own homes – from someone they love. **If you or someone you know is affected by abuse, call 1800 RESPECT on 1800 737 732.**

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